

# AVERAGE TEEN OR WARNING SIGN?

Symptoms of  
mental illness can often  
appear similar to average  
teen development.



## VS

### AVERAGE ADOLESCENCE

Withdrawing from family  
to spend more time  
with friends

Wanting more  
privacy



Moving from childhood likes  
to teen pursuits

### POTENTIAL WARNING SIGN

Withdrawing from  
friends, family and  
social activity



Becoming secretive;  
Seems to be hiding something

Losing interest in favorite activities  
and not replacing  
with other pursuits



Learn how to help a young person who may need help. Get trained in Mental Health First Aid.

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)