



Adolescent Youth Mental Health Fact Sheet (11-15 years old)

Healthy Development

- Concerned about body image, looks, and clothes.
- Focus on self, going back and forth between high expectations and lack of confidence.
- Moodiness
- More interest in and influence by peer group
- Less affection shown toward parents
- May sometimes seem rude or short-tempered
- More ability for complex thought
- Better able to express feelings through talking
- A stronger sense of right and wrong

Possible Warning Signs

- Angry or crying most of the time
- Intense overreaction
- Poor concentration / inability to make decisions
- Frequently feels anxious, worried or guilty
- Feels sad and hopeless for prolonged periods
- Decline in school performance (skipping school, grades worsen)
- Avoids friends and family / prefers to be alone
- Constantly worried about physical health
- Substance use
- Overly concerned with body image / weight

Resources

- Community Mental Health Centers www.mhmr.ky.gov
- Kentucky Partnership for Families & Children <http://www.kypartnership.net/>
- School Guidance Counselors and Psychologists
- Federation of Families for Children's Mental Health <http://www.ffcmh.org/>
- Family Support America <http://www.familysupportamerica.org/>

Helping Kentucky's Families and Youth Thrive