Teenagers are subject to all sorts of pressures, and it can be difficult to know how to best support them through it all. Included in this mental health toolkit is a wide range of resources to help you encourage your children’s mental and social well being.

**Depression**
If you are think your teenager may be struggling with depression, [here](#) are resources on seeing the signs, and how you can help.

**Anxiety**
The goal isn’t to eliminate anxiety, but to learn how to manage it. If your teenager is chronically anxious, look [here](#) for strategies to help them cope.

**Communicating with your teenagers**
If you feel like you are having trouble reaching your teenagers, [here](#) are resources to help you understand them better and communicate more easily.

**Important conversations**
Some of the most important conversation are difficult ones to have. Here are some helpful thoughts on talking to your children about [sex, consent, substance abuse](#), and dealing with [tragedy](#).

**Finding help**
If you think your teenager might have an easier time talking to other teens about his or her mental health issues, encourage them to reach out to [Oregon Youthline](#) or [Teen Line](#), where trained people their own age are ready to listen and help.

If you are worried your teenager may harm him or herself, call the [National Suicide Prevention Lifeline](#).

For other social resources, look [here](#).

To join the conversation about mental health online, share your own experiences using the hashtags #BeWell and #BeHeard.