

Youth Mental Health: What you should know



Mental health challenges can look different for everyone. Knowing what to look for can help you recognize when someone may need support.

Recognizing the Signs of a Mental Health Challenge.

Most of us experience times when we feel off in some way. For example: sad, worried, guilty, scared or suspicious. These feelings can become a challenge if they last longer than two weeks or get in the way of our daily lives.

Mental health challenges can affect anyone. The signs may be visible to other people (like changes in behaviour) or invisible (like thoughts and feelings).

Here are some examples of what to look out for:

1. Sleeping or eating either more or less than usual
2. Feeling annoyed, restless or withdrawn
3. Feeling confused or disoriented
4. Thinking about harming yourself or taking your life
5. Keeping to yourself more than usual
6. Avoiding school, work or activities you previously enjoyed
7. Drinking or using other drugs excessively
8. Feeling like you're not yourself
9. Sometimes, you might not notice any major changes in yourself, even if you're struggling.

Next steps

If you notice any of these changes reach out and talk to someone you trust to share how you're feeling or what you're struggling with. **If you feel like you need more support speak with a professional.**

If you are having thoughts of hurting yourself or others, contact **9-8-8: Suicide Crisis Helpline**. Available 24 hours a day, seven days a week by calling or texting 9-8-8 anywhere in Canada.

If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868), or text CONNECT 686868 to chat with a volunteer crisis responder

Youth Mental Health Resources

Interested in more youth mental health resources? [Visit the Toolkit.](#)

Youth and Mental Health 101

[This Mental Health 101 online tutorial](#) was developed specifically for youth.

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