



mySupport = More Support

JOHNS HOPKINS
UNIVERSITY & MEDICINE

Support For the Teens and Young Adults

A Toolkit for Johns Hopkins Employees and Household Family Members
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Who can help teens and young adults?

- We recognize that employees and family members may be dealing with today's stressors, especially teens and young adults.
- MySupport counselors are available to faculty, staff, post-docs, house staff, and their household family members, including children of any age, at 443-997-7000, press option #2, 24/7/365 to assist with emotional support and daily life assistance.

Support for the Teens and Young Adults

- Let's face it: According to the National Alliance on Mental Illness, "Mental health conditions are common among teens and young adults. 50% of all lifetime mental illnesses develop between age 14 and 75% develop by 24".
- "A mental health condition is isn't your fault or your family's fault....but experiencing mental health symptoms can be scary and confusing. That's why speaking up and asking for help is a sign of strength. It can be hard to know what to say, but start with something like, "I'm not feeling right. I think I need help. Can I talk to you about it?"
- Reaching out to a trusted adult can help you to figure out the best resource for you.

Source: National Alliance on Mental Health. Teens & Young Adults, © 2020

Learn the Warning Signs of Mental Health Concerns

- Click [here](#) to check out a video to help with recognizing the 10 common warning signs of a mental health concern.
- Don't have time for the video? Here are some common symptoms to consider:
 - Feeling sad or withdrawn for more than two weeks
 - Severe mood swings that cause problems in relationships
 - Intense worries or fears that get in the way of daily activities
 - Sudden overwhelming fear for no reason
 - Seriously trying to harm oneself, suicidal thinking, suicidal planning
 - Not eating, throwing up, or using laxatives to lose weight
 - Significant weight loss or weight gain
 - Severe out of control risk taking behavior
 - Use of drugs or alcohol
 - Drastic changes in behavior personality or sleeping habits

Source: National Alliance on Mental Health. Teens & Young Adults, © 2020

Additional Support Resources

- [Teen Central for Information on Mental Health](#)
- [NAMI for Teens and Young Adults](#)
- [How Teenagers Can Protect Their Mental Health During COVID-19](#)
- [Helping Children Cope with COVID](#)
- [National Suicide Prevention Hotline](#)
- [Check in on you: Depression Screening for teens and young adults](#)
- [Information: Website on Depression](#)
- [Activity: More about Depression Booklet](#)
- [Information: Website on Anxiety](#)
- [Information: Website on Grief and Loss](#)

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mySupport Onsite Clinical Team