



Women's Multicultural Resource & Counselling Centre

As a parent what should I look for in my adolescent?

There are various signs that your adolescent may display when they are experiencing a mental health problem. **Signs** are the behaviors we can see.

There are also a number of symptoms they experience, however, gaining insight about the symptoms requires a trusting relationship with healthy communication. **Symptoms** are the sensations that the person is experiencing.

1. Social changes

Avoiding social interactions with usual friends

Avoiding extracurricular activities

Isolating from peer group

2. Physical changes

Gastrointestinal problems

Excessive fatigue, more than usual

Frequent headaches, including migraines

Unexplained aches and pains

Complaints of not feeling well with no obvious medical cause

Increased or decrease appetite

3. Emotional changes

Feeling “revved up”

Impatience

Irritability

Difficulty concentrating

Restlessness

Unexplained outbursts

Symptoms of panic attacks

Panic attacks look differently for different people and some experience mild symptoms of panic without enduring a full panic attack. The following symptoms are common among people with anxiety disorders:

Rapid heartbeat

Sweating and trembling

Dizziness

Upset stomach

Difficulty breathing

Sensation of a swollen tongue

Chest pain

Feeling like they're dying

Feeling like they're "going crazy"

Numbness or tingling in arms and legs