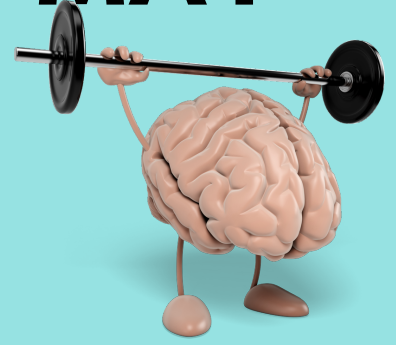


# 7 SIGNS THAT YOU MAY NEED TEEN COURT MENTAL HEALTH



“He was so easy and respectful, I don't know what happened. I should've been more strict.”



“Aren't teenagers supposed to be moody and irritable?”

“Is my daughter just overly dramatic, or is she really this sad?”

## 1 HOME, SCHOOL, OR COMMUNITY TROUBLE

- Has their behavior in one or more of these areas changed dramatically?
- Has their school performance changed?
- Are they getting in trouble at school or in the community?
- Are they getting grades that are out of the norm?
- Are they under more stress than usual?
- Are they moody and miserable at home?

## 2 CHANGES WITH FRIENDS

- Is your teen no longer hanging out with friends or have they changed friend groups completely?
- Are they angry at all of their friends?
- Hanging with new friends?
- No friends?



## 3 ANGRY & IRRITABLE

- Is your teen more irritable and quicker to anger than they used to be?
- Is anger or irritability starting to affect their life?
- Is the anger preventing them from functioning?
- Could they be at risk of hurting themselves or someone else because of the anger or moodiness?

## 4 EXCESSIVE WORRY

- Is worry stopping them from doing things?
- Is worrying about school and grades so overwhelming they are in tears?
- Is worry affecting his/her sleep or mood?



## 5 SELF-DESTRUCTIVE BEHAVIOR

- Interactions with law enforcement?
- Suspension or expulsion from school?
- Do they not seem to feel pain?
- Drugs and drinking?
- Cutting?
- Lack of sympathy/empathy for others
- Excessive risk taking

## 6 DRAMATIC CHANGES IN SLEEP HABITS

- Are they sleeping much more, much less?
- Always tired?
- Choosing to sleep in the middle of the day or always needs a nap?
- Sleeping instead of doing something they once found fun?

## 7 ISOLATION & COMMUNICATION

- Are they avoiding school or community?
- Spending more time in their room and away from family?
- Refusing to speak completely?
- Are they avoiding all social functions recently?
- Conversations become nagging, yelling or fighting ending in unresolved issues?
- Increasingly negative speech?

## ? WHAT CAN TEEN COURT DO FOR MY CHILD?

Teen Court Mental Health Services provides individualized tailored services to youth. Teens are linked to a mental health professional engaging in therapy working toward increasing mental strength and empowerment. Teens are slowly integrated into the Teen Court process as willing volunteers, increasing social interactions and a sense of community.

### Need to Know More?

Contact Teen Court Staff at [teencourtinfo@miamidade.gov](mailto:teencourtinfo@miamidade.gov) to set up a consultation or call the Teen Court Office at (305) 622 - 2592

### Interested?

Complete the Social Data Form in the Mental Health section on the site.