



# Family TLC

Trusted place Canadians go for  
Family Therapy and Life Coaching

## TEEN MENTAL HEALTH CHECKLIST

### Typical Teenage Behaviour

- ✔ Having minor personality changes, growing into their own opinion, or gradually changing interests or focus
- ✔ Complaining about mundane things, repetitive tasks, people they don't like
- ✔ Not liking a teacher or struggling in one or two subjects
- ✔ Having growing pains or being conscientious of physical changes.
- ✔ Curiosity with drugs and alcohol
- ✔ Have occasional angry outbursts but demonstrate or express remorse after they have calmed down
- ✔ Feeling nervous about a change like school starting or having different people in their classes
- ✔ Friends can replace family at times
- ✔ Energy seems to be there during the week but on weekends they seem to slow down maybe sleep longer or chill out more
- ✔ Staying up late
- ✔ Sleeping in late

### Warning Signs

- ✔ Marked change in personality. Hardly ever the person you have known since birth
- ✔ Prolonged negative mood and/or attitude
- ✔ Regularly skipping school or opposing authority, lots of failure
- ✔ Regularly complaining of aches and pains that don't seem to have a pinpointable cause
- ✔ Excessively engaging in drugs and alcohol
- ✔ Having frequent angry outburst saying angry things and sticking to those angry beliefs even when they have calmed down
- ✔ Feeling worried about change and not being able to adjust after two or three weeks
- ✔ Losing connection with parents and family all together or having no friends at all.
- ✔ Lacking in energy all the time both weekdays and weekends
- ✔ Staying up until past 2 am on a regular basis – Could indicate sleep problems
- ✔ Coming home exhausted or sleeping all the time

**What can you do? If you notice any of the above warning signs don't become alarmed. There are qualified professionals who can help. At Family TLC we believe that successful parenting is a recipe that requires love & knowledge.**

**(705) 737-3513 or [resources@familytlc.ca](mailto:resources@familytlc.ca)**

Immediate Strategies  
Long Lasting Solutions

E: [resources@familytlc.ca](mailto:resources@familytlc.ca) W: [www.familytlc.ca](http://www.familytlc.ca)