

## Looking after mental health — and knowing when to get help

Mental health is just as important as physical health. Confidence, friendships, online pressure and social media can all affect how teens feel about themselves. Talking openly about these things helps them understand they're not alone.

Social media can be a big part of teen life. Instead of focusing on rules, try talking about how it makes them feel and reminding them that what they see online isn't always real life.

Let your teen know support doesn't only have to come from you. Trusted adults, school staff, GPs and helplines can all help — and reaching out is a sign of strength, not failure.

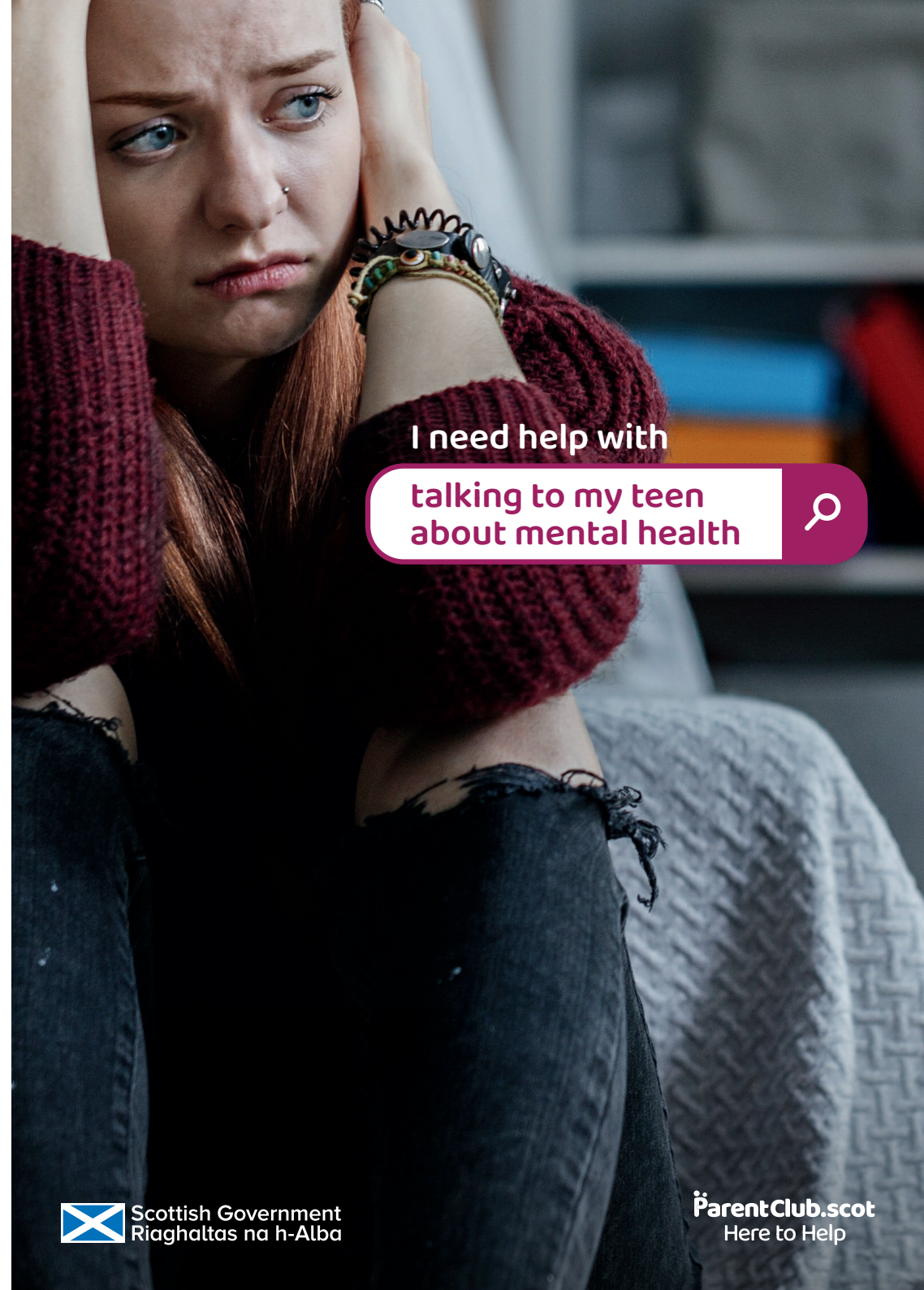
Most importantly, remember to be kind to yourself too. Parenting a teen isn't easy, and you're doing the best you can. Showing up, listening and caring already makes a difference.

**Find more support and practical advice at:**  
**parentclub.scot**

**Facebook:** @ParentClubScotland

**X:** @parentclubscot

**Instagram:** @ParentClubScotland



I need help with

**talking to my teen  
about mental health**



## Teens: understanding the ups, downs and everything in between

Being a parent to a teenager can feel confusing, exhausting and sometimes worrying. One day they want your advice, the next they barely want to talk. Parent Club is here to reassure you — many of the challenges you're seeing are normal, and there are simple ways you can support your teen through them. You don't have to have all the answers — being there really does matter.

### What's going on for teens?

The teenage years come with huge changes. Teens are figuring out who they are, how they fit into the world and how to manage strong emotions, often all at the same time. It's common for them to feel overwhelmed, anxious or unsure, even if they don't say it out loud.

You might notice mood swings, frustration, pulling away from family or spending more time alone. While this can be hard to watch, it's often part of learning independence rather than something going "wrong".

Sometimes behaviour is the only way teens know how to show how they're feeling. Anger, silence or risky choices can be signs they're struggling rather than trying to be difficult.

If worries or low mood don't seem to pass, or start affecting school, friendships or everyday life, it may be a sign your teen needs a bit more support and that's okay.



### How you can support them

One of the most powerful things you can do is listen, even when the conversation feels awkward or one-sided. Let your teen know their feelings are valid, even if you don't fully understand them. Sometimes just hearing "that sounds really tough" can make a big difference.

Try to keep conversations calm and open. Teens don't always want solutions straight away, and that's fine. Asking gentle questions and giving them space to talk (or not talk) helps them feel safe.

Encouraging small breaks can also help. Stepping away from screens, getting outside, listening to music or doing something creative can give teens time to process their thoughts without pressure.

When problems come up, working things through together can build confidence. Rather than fixing things for them, help them think about what they might try next and what support they might need.