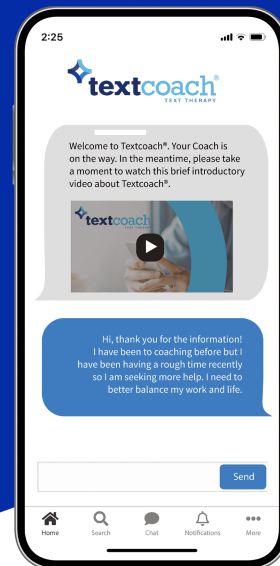


Supporting teenagers

Mental health resources



Nearly half of all mental health conditions start by the age of 14. While some irritability and oversleeping are a natural part of puberty, if these behaviors begin affecting your teenager's everyday activities, you might want to consider reaching out for help. As teenagers grapple with a multitude of physical and emotional changes, you can support them through some of the resources below.

- Schedule no-cost, short-term counseling sessions on their behalf via your web portal or mobile app
- Access family counseling sessions
- Share on-demand videos, articles and tip sheets on topics like starting school, depression and resiliency
- Connect them with a licensed counselor through Textcoach®

Get started!

supportlinc.com

Group code: [waxahachieisd](#)



**Download the
mobile app today!**

