

Health Issues

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HEALTH ISSUES



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Mental Health During COVID-19: Signs Your Teen May Need More Support

The stress, fear and uncertainty created by the **COVID-19** pandemic can wear anyone down, but **teens** may have an especially tough time coping emotionally. Feeling **depressed**, **hopeless**, **anxious**, or **angry** during the COVID-19 pandemic may be signs they need more support during this difficult time.



How your pediatrician can help

Staying in touch with your pediatrician is more important than ever during this pandemic. But it might not mean you need to go into the office for your teen to be seen. If you're concerned, ask your pediatrician's office about checking in on your teen's social and emotional health through a telehealth visit.

Pediatricians can **screen** for depression and ask about other concerns like anxiety or trouble coping with stress. The doctor may also ask about these symptoms in other family members, as this can impact your teen's health, and whether they know anyone who has become sick with COVID-19. It's important to offer your teen some privacy to talk with the pediatrician during the visit to ensure they have the chance to speak as

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