



High School

NOTICE.

Look for changes in how you and your friends behave and if you **NOTICE** something that seems different or doesn't appear right you should make a point to bring it up. Pay attention to these warning signs not only for your own mental health but for your friends as well:

- **Changes in mood or behavior**
- **Being on edge, easily agitated, aggressive, or picking fights**
- **Posting negative things on social media**
- **Engaging in risky behavior such as using drugs or alcohol**
- **Talking about self-harm or suicide**



TALK.

Once you notice a change or sign that something might be wrong, it is important to **TALK** it through to better understand what is going on.

With a trusted adult and/or a friend:

- Find a place that is private and comfortable.
- Be open and honest about your feelings.
- Example: *"Lately, I've been feeling _____"*

Remember: A lot of people struggle with mental health, and you are not alone.

If you're worried about someone else:

- Start the conversation with an open ended question:
- Example: *"I care about you, and I'm here to listen. How are things going lately?"*

Remember: It's okay if your friend doesn't talk right away. You showed that you are ready to listen when they are ready to share.



ACT.

We're not on this journey of wellness alone—everyone needs support sometimes, whether it's for ourselves or for friends going through tough times. It's important to **ACT** and seek help when needed.

If you are worried about your friend or you want to get connected to mental health resources:

- Tell a trusted adult, such as your parent/caregiver, school staff member, or coach, about your feelings.
- Speak to your school mental health professionals, such as your school social worker, psychologist, school nurse or guidance counselor.
- Tell your doctor.



References

- apaf.org/our-programs/schools/notice-talk-act-at-school/
- seizetheawkward.org/
- nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/How-to-Talk-to-My-F

To view the full digital resource visit apaf.org/schools free resources page

