

5 Ways Teens Ask for Help (Without Asking for Help)

1. They stop doing things they typically enjoy.



While trading childhood pastimes for more adult hobbies can be part of growing up, loss of interest in favorite activities without adding new ones can be a sign of depression.

2. Their grades are slipping – especially in classes they usually enjoy.

While many things can affect academic performance, a sudden change in behavior can be a sign of depression.



3. They avoid discussing important future events, such as decisions about further education or work opportunities.

This may be a sign of depression.



4. They avoid meeting new people or socializing with groups and spend time with only a few safe friends.

This may be a sign of an anxiety disorder.



5. They avoid eating meals, especially when in a social setting.

Using excuses for skipping meals like claiming to have already eaten or saying they have an intolerance or allergy to particular foods may be a sign of an eating disorder.

