



## **Low-Cost and Practical Resources to Help You Manage Your Teen’s Mental Health**

Mental health should always be a priority for your teen, but it becomes even more important during times of crisis. If you’ve found your teen is having more trouble than normal, make some time for their emotional health. This can be simple and budget-friendly as well, especially with following resources.

### **Support The Mind and Body With Supplements**

Extra stressful times call for extra support and relief, which is why you may want to think about adding vitamins and supplements to your teen’s diet.

- Some of the [best supplements for stress](#) include vitamins B and D.
- You can save on supplements for your teen with [Walgreens coupons](#).
- There are also supplements that can help your teen with [feelings of depression](#), but remember that depression is a serious medical condition that requires treatment.
- And of course, there are [natural remedies](#) to help them get enough sleep.

### **Seek Help for Your Teen When Needed**

There’s also nothing wrong with your teen getting the extra support they need from a professional, and there are plenty of resources to help you point them in the right direction.

- You can begin by deciding [what type of therapy](#) your teen needs.
- Then you should [use online resources](#) to find a therapist in your area.
- You can also seek support from [free mental health resources](#).

### **Encourage Your Teen to Stay Connected**

Even with social-distancing, finding ways to safely socialize with the people they love or people, in general, can be so important for managing your teen's emotional well-being.

- [Strong relationships](#) are essential for improved mental health and growth.
- These [human connections](#) are also essential for maintaining healthy communities.
- Your teen can [stay in touch](#) with friends or loved ones via calls, video chats and social media.
- Bear in mind that if you allow your teen to [socialize in person](#), make sure it's with people you can trust and who practice COVID safety.

These may not be all of the mental health resources your teen needs, but they are a pretty good start. You teen can find extra emotional support you need through supplements, their support network or mental health professionals. Above all, remember to be patient and loving with your teen during these stressful and uncertain times in our world.

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