

# ARE YOU...



*sad, hopeless or irritable a lot of time?  
not wanting to do or enjoy doing fun things?  
eating a lot more or a lot less than normal?  
tired and sluggish or tense and restless a lot of the time?  
having a hard time paying attention?  
feeling useless or guilty?  
wanting to hurt yourself?  
afraid of being alone?  
afraid of school and other places where there are people?  
worried about the future and about bad things happening?*

For many of you, the most painful part of the coronavirus crisis will be losing important experiences: sports seasons, parties and proms, concerts and theater productions, graduations and just hanging out with your friends. COVID-19 has left many kids your age feeling stressed, anxious or depressed. If you are experiencing any of these feelings, please talk to your parents, another relative, your teacher or guidance counselor, or call Prairie Ridge Integrated Behavioral Health at **641-424-2391**.

# HOPE

is NOT  
*cancelled!*

**It is important to know that you are not alone and help is available through Prairie Ridge.**

**We listen, we support, and personalize so you can fulfill your potential to return to a healthy and purposeful life.**



320 N. Eisenhower Ave.  
Mason City, IA 50401  
P: **641.424.2391**  
[www.prairieridge.net](http://www.prairieridge.net)



# PARENTS/CAREGIVERS:

Check with your child often and watch and listen for signs they are struggling. And don't forget that your pediatrician, family doctor and Prairie Ridge Integrated Behavioral Health are here to help.

Invite your child to talk about how they are feeling. Feeling depressed, hopeless, anxious and angry may be signs they could benefit from more support during this difficult time.

Keep in mind that adolescents and teens may try to hid their struggles because of fear, shame, or a sense of responsibility to avoid burdening others.

**Signs of stress and mental health challenges are not the same for every child, but there are some common symptoms:**

- Changes in mood.
- Changes in behavior.
- A hard time falling or staying asleep, or starting to sleep all the time.
- Changes in weight or eating patterns.
- Problems with memory, thinking or concentration.
- Less interest in schoolwork and drop in academic effort.
- Changes in appearance, such as lack of basic personal hygiene.
- An increase in risky or reckless behaviors, such as using drugs or alcohol.
- Thoughts about death or suicide.

***Keep the lines of communication open between you and your child and please don't hesitate to call us at Prairie Ridge about ways to help maintain your family's mental health during this challenging time.***



**is NOT**  
*cancelled!*

The ongoing stress, fear, grief and uncertainty created by the COVID-19 pandemic can wear anyone down, but adolescents and teens may have an especially tough time coping emotionally.



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