



From the voice of teens

# Empowering adults: Make It OK for teens to talk about mental health

## What teens hear from adults about teen mental health:

- “Teens are lazy and just need to get over themselves.”
- “Teens are just seeking attention.”
- “Teens with a mental illness cannot function the same as other teens.”
- “Mental health and therapy are a forbidden topic.”
- “School is more important than your mental health.”

## How adults can help end stigma:

- Normalize it by talking more openly about mental health with kids at a younger age.
- Consider words more carefully.
- Don't feel sorry for those living with a mental illness.
- Learn more and offer resources for care and support.
- Help educate others on mental health and stigma.

**Only 31.7% of students** feel adults in their community care about them according to the 2023 Minnesota state student survey.

Learn more at **Make It .org**