

e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



Supporting mental health in teens

Teenagers experience a range of emotions beyond normal age-related angst. Their mental health issues are real, common, and treatable. According to the Centers for Disease Control and Prevention, there's been a significant increase in the rates of teen anxiety, depression, and suicide. That's why it's important to support your teen's mental health and know the early warning signs of self-harm.

[Read more ▶](#)



Learning more about suicide prevention

If a friend or loved one is struggling and feeling hopeless, do you know the signs of suicide? There are things you can do if someone you care about is hurting. Knowing these risk factors can help you support them.

[Learn more ▶](#)



Understanding depression

If you or someone you know is depressed, understanding what may be causing it is the first step to healing. Learn more about the most common risk factors of depression.

[Watch video ▶](#)

