

*Call to discuss your situation with us today at*

***602-249-6674***

It’s common that when parents contact us, they’re trying to figure out how to help their teens and furthermore, whether their teens are in fact struggling with a behavioral health, emotional health, or substance abuse issue. We are always available to help discuss these questions by phone or in person, and to discuss your concerns, as well as what your teens’ present needs might be. We are available 24 hours a day, 7 days a week. Please call us at: 602-249-6674.

If you’re not ready to begin a conversation with us, these are a few tips we always offer, if you know a teen that may be in trouble:

**Trust your instincts.**If you feel that someone you care about is struggling and may need professional help regarding a substance abuse or mental health issue, there’s probably a reason you feel that way. In our experience, it’s always better to speak up and be wrong than to be quiet and have the young person continue to struggle. Especially in instances where you feel the teen might be in danger, remember that speaking up only means you care.

**Timing.** Try to have the conversation at a time and place where both of you can speak openly. There may be no “perfect” time but be sensitive to creating the best environment possible.

**Be honest and open.** Even though these conversations can feel delicate, clearly say what you need to say and don’t be afraid to ask direct questions, in a respectful way.

**Speak from the heart.** Focus on what you’re feeling, what you’ve observed and/or what concerns or questions you may have. No need to get into rumors or anything that might feel like judgment. This will help teens to hear you without feeling attacked.

**Don’t Wait.** Statistics show that most teens wait far too long before they ask for help, which means they continue to suffer and struggle, as symptoms and conditions progress. If you’re going to speak up, don’t wait. The sooner you do, the sooner they can get help and start to feel better.

**Don’t be secretive.** If you believe there’s a problem, it’s so important to speak up. We truly understand how difficult and scary this can be, especially if the teen might have confided in you, but when it comes to addiction and mental health issues, secrets can be deadly. Tell a friend, parent, teacher, counselor, or call us.

**Don’t lose hope.** It can be discouraging if your first attempt at intervening isn’t successful. This can happen for many different reasons, especially because making big changes can be so scary and difficult. The good news is there are mental health professionals that can help you through this process and who specialize in knowing how to help teens to begin. If you need recommendations for interventionists in your area, please call us and we’d be happy to help connect you.

**Ask For Help**. If you have questions or need assistance with something, please call us. We are dedicated to helping improve the lives of young people and are always available to help a family in need, however we can. There are truly no stupid questions and sometimes, you find insight and guidance in a conversation where you least expected it.