

# 1 in 5 teens

## LIVE WITH MENTAL ILLNESS

LISTENING WITHOUT JUDGMENT AND  
COMMUNICATING WITH POSITIVE LANGUAGE  
IS KEY TO SUPPORTING STRUGGLING TEENS.  
USE PHRASES LIKE:

YOU ARE NOT A BURDEN.

I SUPPORT YOU NO MATTER WHAT.

I'M LISTENING.

I'M HERE FOR YOU.

I NOTICED YOU AREN'T ACTING LIKE YOURSELF LATELY.

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TOGETHER WE CAN END THE STIGMA.

TOGETHER, WE ARE  
**Generation**  
#**NOTNORMAL**

