



**WHEN IT'S  
MORE THAN  
JUST A  
PHASE**

Self harm, anxiety and depression among teens are diseases, not decisions. Knowing the signs is the first step toward getting help and healing.

Mental illnesses are common, real and need care like any other chronic condition. If your teen needs help, treatment can give them back their health—and life.

**STOP THE STIGMA.  
START THE  
CONVERSATION.**

Call [NAME OF ASSOCIATION]  
at (123) 456-7890 or visit  
[amenityhealth.com](http://amenityhealth.com).



FOR 24/7 CONFIDENTIAL SUPPORT,  
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