



CONNECTIONS THAT SUPPORT YOUTH MENTAL HEALTH



Self

Young people's sense of who they are and want to be, as well as their confidence and purpose.

- Feeling like their contributions matter
- Taking steps towards independence
- Having enjoyable hobbies & interests



Prosocial Peers

Having close friends teens can count on as well as having a larger network of friends and similar-age peers.

- Teens who attend same school
- Friends from clubs, sports, and programs
- New friends & social networks



Family

Feeling loved, cared for, valued and respected by parents. Close relationships between siblings and extended family members are also protective for young people.

- Parents/guardians
- Grandparents
- Siblings
- Extended family



Trusted Adults

Connections to non-parental trusted adults. These connections provide support and bolster feelings of belonging & mattering.

- Family friends
- Teachers & school staff
- Staff, mentors, & coaches at clubs & programs