

WHAT YOU'RE HEARING:

I'm fine, Mom.

WHAT HE'S SAYING:

I'm being bullied at school. I'm sad all the time and lately I've had thoughts about suicide

TEXAS DEPARTMENT OF
STATE HEALTH SERVICES

When teens have mental health issues, the signs can be hard to see. But they're there. And if you recognize them, talk about it.

**SPEAK
YOUR
MIND**
TEXAS.ORG

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