

# TEEN MENTAL HEALTH MATTERS

EVERY PERSON EXPERIENCES  
TRAUMA DIFFERENTLY

## Physical

- Physical weakness
- Stomach pains
- Easily startled
- Changes in sleep or appetite
- Headaches

## Mental

- Difficulty concentrating
- Feeling confused
- Recurring nightmares
- Hopelessness

## Behavioral

- Difficulty socializing
- Emotional and psychological regression
- Hyperactivity
- Clinginess



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