

# Mental Health Checklist for Youth

- I often feel worried or sad.
- I have recently changed my activities, my personal style or my friends.
- I have trouble getting along with my friends or family.
- I often do not feel well, which prevents me from doing things I want and need to do. (for example, stomachaches, headaches, etc.).
- I have difficulty sleeping (too much or too little).
- I am often angry with or ignore people in authority.
- I have trouble controlling my behavior when upset.
- I sometimes do or say things that physically/emotionally hurt myself, others or animals.
- My friends and family often don't see things the way I do.
- I have difficulty in various community settings such as school, church, clubs, and activities.
- I have experienced one or more stressful events that still bother me.
- I get in many arguments with others.
- My family may need help to understand me and meet my needs.



IDAHO DEPARTMENT OF HEALTH & WELFARE

**LEARN MORE!**

- 211
- [yes.idaho.gov](http://yes.idaho.gov)
- [yes@dhw.idaho.gov](mailto:yes@dhw.idaho.gov)

# Mental Health Checklist For Youth



*Empowering the mental wellness of children, youth and their families.*



## How do I use this checklist?

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Read each question and see if it applies to you.

The questions are intentionally open and without a lot of detail so they can apply to many different people and situations. If you can answer yes for any reason, go ahead and check the box.

This checklist helps you find areas of importance that you may want to talk to a mental health provider about. Answering yes to any question does not mean anything is wrong, it just gives you a place to start the conversation.

## What do I do next?

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Answer using the checklist, take a look at your answers. If you answered yes to any of the statements, then you may benefit from a full mental health assessment.

Start by talking to a responsible adult who is concerned about you and can help. This might be a family member, a friend's parent, a teacher, school nurse, guidance counselor, a doctor, or a leader in your church. If you have a mental health provider, you can make an appointment to talk about your needs.

## What is YES?

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Youth Empowerment Services (YES) is a program (also called a system of care) that helps children and youth under the age of 18 who have a mental health diagnosis that impacts their ability to function in their home, school, or community.

## How can I help my family and friends?

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If you have family or friends who may benefit from Youth Empowerment Services (YES), you can share the YES website, talk to them about finding a mental health provider or have them read the “How Do I Get Help” guide on the YES website.

If you are worried about the safety of a friend or family member who may struggle with mental health concerns, you have a few options:

- You can call (24 hours a day, 365 days a year) or text (3 pm - midnight, Monday - Friday) the Idaho Suicide Prevention Hotline at 208-398-HELP (4357).
- You can call the Suicide Prevention Lifeline at 800-273-TALK (8255) and speak to someone 24 hours a day, 365 days a year.

**Important Note: You do not need to be considering suicide to use these resources.**



## Did you know?


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Assessments are done by mental health professionals and are one way to start getting help for any mental health concerns you may have.


## Contact

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To find out if you may be eligible for mental health services and to learn more about Youth Empowerment Services (YES), visit us online, call or email:

 Idaho Careline 2-1-1 or 1-800-926-2588

 [yes.idaho.gov](http://yes.idaho.gov)

 [yes@dhw.idaho.gov](mailto:yes@dhw.idaho.gov)