

# WELL-BEING SCAVENGER HUNT

Visit <https://www.nimh.nih.gov/health/statistics/mental-illness>

**What percentage of youth aged 13-18 have had any mental disorder?**

Visit <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>

**What are some impacts of mental health on physical health?**

Read the article on this website: <https://kidshealth.org/en/teens/positive-emotions.html>

**What are three ways to increase positive emotions?**

Read <https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>

**Do you know the warning signs of too much stress? List three of the signs that could mean you have too much stress.**

Go to <https://www.samhsa.gov/>

**What 3-digit number can you call if you're experiencing emotional distress?**

Go to <https://www.apa.org/topics/child-development/stress>

Sleeping is essential not only for your body to rest but for your mind to rest as well! Sleep needs to be a priority to keep your stress in check. **How many hours of sleep a night do teens need?**

Read this article: <https://kidshealth.org/en/teens/stress-situations.html>

We experience stressful situations every day. **What are three steps you can take to cope with stressful situations?**

Read: <https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know>

Your brain is undergoing big and important changes as you go through adolescence. **When does the brain finish maturing?**

Go to: <https://seizetheawkward.org/conversation/starting-the-conversation>

Sometimes it can be difficult to figure out how to have difficult conversations with your friends and peers about mental health. **What are some ways to start conversations with your friends about mental health?**



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