



Teenage Mental Health

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Depression Duplex

A poem is a gesture toward home
A depression battle, will it end?

Darkness is calling,
Its pulling my closer and closer.

Being under a dark cloud
Its consistency is draining me

I have hope it will get better,
Will I see the light of day again?

I have hope it will get better,
Will I see the light of day again?

The days don't feel as long,
I have made it through the battle

The battle is over... I won,
A poem is a gesture toward home.

Digital Collage



Depression

anxious

Teen

MENTAL HEALTH

Panic

sadness

Stress

Ocd



Why isn't teenage mental health taken seriously?

Teen mental health is now a big deal within us. To adults eyes it's not serious, we're brushed off to the side and not taken seriously. Teenagers aren't given the proper attention when showing signs of mental health issues, nor are we given the proper care from counselors/therapists. Some teens are fighting serious battles of mental health illnesses and majority of the time help isn't given until it's too late.

In research from (Earnest) Atlanta teens are sharing their experience on how their mental health wasn't taken seriously, and how they were basically denied the proper care they needed. In the Article a teen named Sneed stated "When I was first telling my dad about my anxiety, he said, "Isn't that convenient for you," as though I was making it up as an excuse.

Why would I do that? What reason would I have to do that? It's like, I'm coming to you with a serious problem that I have, and you're just not taking me seriously. It kind of hurt, especially coming from a family member." She went to her father, and he didn't take it seriously at all. Parents think that since we're teens and we have no real responsibilities that we're supposed to be a happy child with no issues which isn't realistic at all. This teen was shut down. That is a perfect example of why teens don't ask for help and why they're crying out for help silently, they are scared to tell others.

According to new research (Thielking) it states "Young adults are among the most at risk of major mental illness, but are among the least likely to get mental health care – which experts say is a huge, pressing problem.". With this being said why aren't more adults making the effort to help teens and direct them to the proper care they need?

Jadyn Robinson

This topic controbutes to a part of my life because i'm 2020 I suffered from depression and separation anxiety. As 2021 came to a end, I became happie. But I still suffer from separation anxiety.

Artist Statement

Throughout my Zine I used thought bubbles on some pages. On all of the Pages blue is the background to represent "sadness" .

I used the poem "Duplex" by Jericho Brown. I included the first and last line and the poem structure of going on a journey and the 2 line stanzas.

I did a digital Collage about mental health. My poem talks about the battle and basically conveys to the reader the dealing with mental health is like a battle.

References Page

Earnest, Darlene. “Take Me Seriously!": How Atlanta Teens Feel When Their Mental Health Is Deflected.” WABE, 6 June 2019, www.wabe.org/take-me-seriously-how-atlanta-teens-feel-when-their-mental-health-is-deflected

Thielking, Megan. “Facing a Broken Mental Health System, Many U.S. Teens Fall off a Dangerous ‘Cliff’ in Their Care.” STAT, 17 June 2020, www.statnews.com/2020/06/17/cliff-teens-mental-health-transition-adulthood