

Therapy is not that deep

Or it can be, it just depends on what you need. Therapy can help address mental health challenges like anxiety and depression, but you can also connect with a therapist to get support for everyday aspects of teen life. Read on to learn about therapy for teens and what to expect as you get started. Now North Carolina youth ages 13-17 can receive free online therapy with a referral, through the NC Department of Health and Human Services.

How therapy helps teens

Communicating with a licensed therapist supports all aspects of your mental health. You might go to therapy to address specific mental health challenges, but you can also get therapy for no specific reason. Many people work with therapists on an ongoing basis simply to understand themselves better, develop healthy coping skills, and maintain well-being. Therapy can help with:

Emotional well-being

Managing our emotions and thoughts through life's ups and downs



Psychological well-being Coping with stress and life challenges in healthy ways



Social well-being

Building and maintaining healthy relationships with others



What to expect when starting therapy

Although your therapist will help you understand what areas of your life or your mindset you might need to work on, it helps if you have some goals for therapy. Ask yourself:

- What stresses you out?
- Which relationships in your life could use improvement
- What do you hope to gain from therapy that you may not gain from talking with friends and family?

How to talk to a parent or guardian about therapy

In most cases anyone under 18 needs consent from a parent/guardian to speak with a mental health provider but Talkspace makes the process of getting consent super-easy. You simply share your parent/guardians email and we'll email them a consent form. Here are some conversation starters for talking to your parent or guardian about why you want to meet with a therapist:

"I would like to start therapy to work on [explain why]. I've signed up and you just need to submit an electronic signature so I can start."

"I've been feeling really stressed at school, and I want to start therapy to learn more coping skills."

"I've been feeling pretty down lately because of [explain why], and I want to start therapy so I can sleep better and not worry so much."

If you're nervous or unsure of how they will react, you can ask your school counselor or a trusted adult to help you speak with your parent/guardian about mental health and your interest in starting therapy.

What else we know

Therapy is a private, judgment-free zone where you can talk about anything. Establishing a relationship with a trusted licensed professional is a smart way to have support through both challenges and successes, and all the challenges that are a natural part of being a teen.

Start therapy today

Talkspace therapy is **FREE** for any referred North Carolina youth ages 13-17

Visit talkspace.com/ncyouth and enter keyword **ncyouth** to get started

