



How to Do a Mental Health Temperature Check

Most every parent or caregiver has a thermometer in the medicine cabinet and knows how to test whether a child has a fever—but knowing how to do a mental health temperature check is just as important. When gauging a teen's or young adult's mental health, consider these four types of trauma responses.

Physical

- ▶ Low energy, lethargy
- ▶ Pallid complexion
- ▶ Coordination problems
- ▶ Headaches
- ▶ Digestive issues
- ▶ Hyperarousal (heightened sensitivity to stimuli)

Behavioral

- ▶ Substance use
- ▶ Disordered eating
- ▶ Compulsive behavior
- ▶ Changes in relationships with family or friends
- ▶ Isolation and social withdrawal
- ▶ Violent or aggressive behavior

Emotional

- ▶ Anxiety and/or fearfulness
- ▶ Emotional numbness
- ▶ Anger
- ▶ Depression
- ▶ Guilt and/or shame
- ▶ Avoiding situations or conversations that trigger negative feelings

Cognitive

- ▶ Trouble concentrating
- ▶ Memory lapses
- ▶ Intrusive thoughts
- ▶ Flashbacks
- ▶ Dissociation (feeling disconnected from one's thoughts, feelings, and sense of identity)





10 Questions to Ask as Part of a Mental Health Check-In

Asking specific questions can help parents start the conversation and access more information about their child's state of mind.

1. What three words best describe how you're feeling right now?
2. On a scale of 1 to 10, going from negative to positive, what number best describes your state of mind?
3. Fill in the blank: Something I've been thinking about a lot lately is...
4. If your feelings were weather, what kind of day would it be outside?
5. If your life was a movie, what songs would be on the soundtrack right now?
6. What would you like to have less of in your life right now?
7. What would you like to have more of in your life right now?
8. Tell me about the best thing and the worst thing that happened to you this week.
9. What's the hardest part about being you right now?
10. How can I support you better?

If a mental health check-in indicates that a teen or young adult needs additional support, contact your local healthcare provider or call Newport's Admissions counselors to schedule an assessment. If an individual is in crisis, call 911 or visit a local emergency room.

 **855-904-5703**

 **[newporthealthcare.com](https://www.newporthealthcare.com)**