



Ahead of World Teen Mental Wellness Day (March 2), Talkspace Shares Top Teen Mental Health Tips for Families

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NEW YORK--(BUSINESS WIRE)--Feb. 25, 2026-- In recognition of World Teen Mental Wellness Day, Talkspace, a leading online behavioral health platform, is sharing expert-backed guidance to help teens and parents navigate the growing mental health challenges facing young people today.

"Teen years can be emotionally intense, and many young people are carrying more stress, anxiety, and pressure than ever before," said Dr. Nikole Benders-Hadi, Chief Medical Officer at Talkspace. "World Teen Mental Wellness Day is an important reminder that mental health support should be part of everyday life — not something we only talk about when things feel overwhelming."

Despite the surge in teen anxiety and depression, [nearly half of those struggling still lack access to care](#). This guide emphasizes the importance of early intervention and how families can have proactive conversations to address teen mental health concerns.

Talkspace's Top Teen Mental Health Tips for Families

Make Mental Health a Regular Conversation

- Don't wait for a crisis. Normalize talking about stress, mood, and emotions during everyday moments — in the car, at dinner, or during walks. A key is to create a safe space for teens to be able to discuss their mental health.
 - "When mental health becomes part of everyday conversation, it removes stigma," said Dr. Benders-Hadi. "Teens are much more likely to open up when they know the topic isn't off-limits or only discussed when something is 'wrong.'"

Teach and Practice Healthy Coping Skills

- Encourage teens to build a toolbox of coping strategies. Those can include deep breathing, journaling, music, exercise, grounding techniques, or creative outlets that can help manage anxiety and stress.
 - "Coping skills are like muscles — they get stronger with practice," said Dr. Benders-Hadi. "Helping teens develop healthy ways to regulate stress early on builds resilience they'll carry into adulthood."

Help Teens Put Words to What They're Feeling

- Big emotions can be confusing. Parents can help teens identify and name feelings without judgment, which reduces shame and builds emotional intelligence.
 - "Teens often feel overwhelmed because they don't have the language to describe what's happening internally," said Dr. Benders-Hadi. "When parents validate emotions instead of dismissing them, it teaches teens that their feelings are manageable — not scary."

Know the Signs a Teen May Need Professional Support

- Ongoing sadness, withdrawal from friends, sleep or appetite changes, academic decline, increased irritability, or talk of hopelessness may signal it's time to seek therapy.
 - "A noticeable shift in behavior that lasts more than a couple of weeks is worth paying attention to," said Dr. Benders-Hadi. "Early intervention can significantly improve outcomes and prevent more serious challenges down the line."

Take Social Anxiety Seriously

- Avoidance of social events, fear of judgment, or physical symptoms like nausea or panic in social settings may indicate more than shyness.
 - "Social anxiety is often misunderstood as typical teen awkwardness," said Dr. Benders-Hadi. "But when fear consistently interferes with daily life, support from a mental health professional can be transformative."

Address Loneliness — Even If They're Always Online

- Frequent social media use doesn't equal meaningful connection. Encourage offline friendships, shared family time, and activities that build real-world confidence.
 - "Teens can be digitally connected yet emotionally isolated," said Dr. Benders-Hadi. "Prioritizing genuine connection is protective for mental health."

Talk to Teens About AI

- While teens may turn to AI for advice and emotional support, families should have open conversations about its limits and reinforce that AI is a tool and not a therapist.
 - “AI cannot replace human empathy, clinical judgment, or real connection,” said Dr. Benders-Hadi. “Teens need to understand that when they’re struggling. Support should come from trusted adults and licensed professionals, not a chatbot.”

Support Healthy Boundaries and Growing Independence

- Teens benefit from appropriate privacy and autonomy. Clear, respectful boundaries strengthen trust and emotional safety.
 - “Adolescence is about learning independence,” said Dr. Benders-Hadi. “Respecting boundaries builds mutual trust.”

Talk Honestly About Social Media’s Impact

- Discuss comparison culture, cyberbullying, and unrealistic standards. Consider digital breaks and collaborative rules around screen time.
 - “Social media can amplify comparison and self-doubt,” said Dr. Benders-Hadi. “Open conversations help teens think critically.”

Remind Teens: Asking for Help Is a Strength

- Seeking therapy or opening up to a trusted adult demonstrates courage.
 - “The most important message we can give teens is that they don’t have to struggle alone,” said Dr. Benders-Hadi.

Talkspace runs one of the largest teen mental health initiatives in the country through its Teenspace program, reaching tens of thousands of adolescents across major U.S. cities, including more than 45,000 teens in New York City. The program, which provides free, evidence-based mental health care for teens and young adults through public-private partnerships has shown measurable clinical improvement in areas such as anxiety, depression, stress management, and relationship challenges. The initiative was designed to provide accessible, culturally relevant care for youth — particularly those from historically underserved communities. For more information about teen mental health resources, visit www.talkspace.com.

If you’d like to speak with Dr. Nikole Benders-Hadi, Chief Medical Officer at Talkspace, about youth mental health trends and resources, please contact the Talkspace press team.

About Talkspace

Talkspace (NASDAQ: TALK) is a leading virtual behavioral healthcare provider committed to helping people lead healthier, happier lives through access to high-quality mental healthcare. At Talkspace, we believe that mental healthcare is core to overall health and should be available to everyone.

Talkspace pioneered the ability to text with a licensed therapist from anywhere and now offers a comprehensive suite of mental health services, including therapy for individuals, teens, and couples, as well as psychiatric treatment and medication management (18+). With Talkspace’s core therapy offerings, members are matched with one of thousands of licensed therapists within days and can engage in live video, audio, or chat sessions, and/or unlimited asynchronous text messaging sessions.

All care offered at Talkspace is delivered through an easy-to-use, fully-encrypted web and mobile platform that meets HIPAA, federal, and state regulatory requirements. Most Americans have access to Talkspace through their health insurance plans, employee assistance programs, our partnerships with leading healthcare companies, or as a free benefit through their employer, school, or government agency.

For more information, visit www.talkspace.com.

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