



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Is My Teenager Struggling?

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A parent's guide to spotting early warning signs

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



## Dr. Priya Dubey Sharma

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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ The teenage years are not a problem to be managed – they are a transformation to be witnessed. Parents who stay curious, who listen before they advise, never lose their children.

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles

## Is My Teenager Struggling?

This brief assessment is designed to help parents notice potential signs of mental distress in their teenagers. Please answer the following questions honestly.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Has your teenager been withdrawing from family and friends, preferring to be alone?
- Have you noticed a significant drop in your teenager's academic performance or grades recently?
- Are there noticeable changes in your teenager's sleep patterns, such as sleeping too much or too little?
- Does your teenager seem unusually irritable, angry, or moody more often than not?
- Has your teenager lost interest in hobbies or activities they once enjoyed?
- Has your teenager become unusually secretive or evasive about their activities or whereabouts?
- Have you observed increased emotional outbursts or difficulty managing their feelings?
- Are there significant changes in your teenager's appetite or eating habits?
- Has your teenager expressed feelings of hopelessness or worthlessness?
- Have you noticed any increase in risky or self-destructive behaviours?

**Score:** Count the number of 'Yes' answers. This will give you an indication of potential areas of concern.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

### SCORE: 0-3

#### Minimal Concern

Your teenager appears to be navigating typical adolescent challenges well. Continue to maintain open communication and provide support.

### SCORE: 4-6

#### Mild Concern

Some signs suggest your teenager might be experiencing mild difficulties. Consider having a gentle conversation and observing their behaviour closely.

### SCORE: 7-8

#### Moderate Concern

Several indicators point towards moderate challenges your teenager is facing. It would be beneficial to explore these concerns further and consider seeking guidance.

### SCORE: 9-10

#### High Concern

Multiple signs indicate your teenager may be struggling significantly. It is highly recommended to seek professional support from a mental health expert soon.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

If you notice persistent signs of struggle, remember that reaching out for professional guidance is a sign of strength, not weakness, for both you and your teenager.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

**1. What specific behaviours or changes have concerned you the most?**

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**2. How has your teenager's behaviour impacted family dynamics?**

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**3. What steps can you take to open a supportive dialogue with your teenager?**

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**How are you feeling right now? Circle one:**



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Teen Emotional Well-being Guide

Practical strategies for parents to support teen emotional health.

₹299

2

### Building Resilience in Adolescents

A workshop focusing on coping skills for teens.

₹499

3

### Parent-Teen Communication Toolkit

Tips and techniques for effective communication.

₹399

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"You are showing up. That is the most important thing any parent or young person can do."**

– Dr. Priya Dubey Sharma

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