

When Home Life is Hard

Everyone grows up with a different life at home. No home is perfect.

Growing up is not easy and feeling sad at home can add stress to your life. Your feelings are real, no matter what is making your life hard at home.

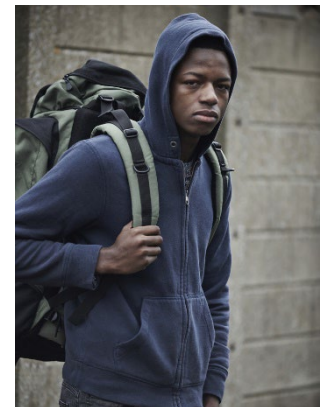
Things Young People Struggle with at Home

- **Conflict with Parents:** It is normal to feel like your parents do not understand you. What is important to your parents may not be the same as what is important to you.

Your life and how you feel may be very different than your parents when they were young. This is often even more true if your parents came to the United States from another country.



- **Too Many Responsibilities:** You may have different responsibilities than other people your age. These can be sports, clubs, taking care of sisters and brothers or doing chores. It can seem unfair when you have more responsibilities than your friends. It is okay to feel this way.



- **Unaccepting Family Members:** Many people live with parents and families that do not accept who they are. It may feel like your family does not know the real you. This may be because of your sexuality, gender expression, interests, style, or other reasons. This could lead to bullying and abuse.

- **Life Circumstances:** Sometimes young people do not have needed food or a stable place to live. Some people have a family member with health issues. Your family may look different than other families. This may lead to feelings of worry and stress. This may also make you have a hard time with your mental health.



- **Abuse:** This is when someone hurts you on purpose physically, sexually, or emotionally. It may be hard to know this is happening if it is from someone you trust. If you are feeling scared at home, you may be experiencing abuse. Abuse is not your fault. You deserve to feel safe.

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You Are Not Alone

- 23 out of 100 children live with only one parent or one adult in the home.
- Before the pandemic there were about 5.4 million children helping to care for a family member.
- 16 out of 100 children in the United States are living in poverty. These rates are very high for youth of color.
- 28 out of 100 LGBTQ+ youth have been homeless at some time in their lives.



Ways to Cope with a Tough Home Life

- **Find Another Space:** Find a safe place where you can have a break from the stress at home. This may be a place you can go to like a friend's house, library, or park.
- **Look for Small Changes:** Sometimes we cannot fix the problem, but we can make changes in small steps. Find a trusted adult to talk to about the problem, someone who can support you.
- **Talk to Your Parents:** Try telling your parents what is going on. They are people too. They may not know how to talk to you. Talking to them may help you know they care about you.
- **Find a Safe Adult to Talk To:** Not everyone who becomes a parent is ready for the responsibility that it comes with it. You deserve a safe person to talk to. If that is not your parent or guardian, find other adults like aunts, uncles, coaches, or teachers.



If You Need Help or Are in Crisis

It is normal to have challenges in a family or with others. Many families have difficult times.

If you are struggling with a lot of stress and feel hopeless or lonely, there are resources that can help.

Go to www.mhascreening.org. You can take a survey and answer a few questions to see if you may be dealing with something more serious like a mental health condition.

If you or someone you know is struggling or in crisis, there is help.

- Call 988
- Chat at www.988lifeline.org
- You can also reach the Crisis Text Line by texting MHA to 741741.



Adapted from Mental Health America