



# Thometz Life Coaching

## **Do You Have A Troubled Teen, Tween or Pre-Tween?**

**Yes or No** – Are you worried about your child’s well-being?

**Yes or No** – Do you suspect that your child is depressed?

**Yes or No** – Are you allowing the unallowable to occur in your home?

**Yes or No** – Do you no longer recognize yourself as a parent?

**Yes or No** – Have you ever been afraid of your child?

**Yes or No** – Does your child refuse to do what you ask of them?

**Yes or No** – Is your child engaged in self-destructive behaviors?

These could be any of the following (this is by no means a complete list):

*Abusing Prescription Drugs*

*Gaming To Excess – Barely Leaving Their Bedroom*

*Making Threats Against Others On Social Media*

*Practicing Dangerous Sexual Activity*

*School Refusal, Going In Late, Or Not Doing Assignments*

*Self-Harm*

*Smoking weed*

*Social Media Addiction*

*Stealing*

*Suicidal Ideation*

*Vandalism*

*Vaping Nicotine*

If you’ve answered **Yes** to even one of these questions, you may have a child at risk. If your child is in immediate danger, call 911. The number for the National Suicide Prevention Lifeline is 1-800-273-8255. If your child is not in danger, the first steps would be to engage a therapist for your child and yourself and contact your child’s school for support. NAMI (National Alliance of Mental Illness 1-800-950-6264), provides access to free counselors. A life coach can help you make sense of what your life has become and help you figure out next steps. If you’d like to schedule a consultation with me, you can do that at [www.thometzlifecoach.com](http://www.thometzlifecoach.com).