

5 Commonly Diagnosed YOUTH MENTAL HEALTH DISORDERS



GET HELP:

If your child shows signs of a mental health disorder, reach out to your pediatrician, mental health provider or school counselor.

- ◆ **Anxiety Disorder**

Symptoms may include excessive fear, distress, worry, or uneasiness that prevents your child from functioning.

- ◆ **Attention Deficit Hyperactivity Disorder (ADHD)**

Symptoms include trouble paying attention, forgetfulness, careless/frequent mistakes, talking a lot or interrupting, or easily bored.

- ◆ **Conduct Disorder**

Symptoms include tendencies to bully, steal, fight, destroy property, low self-esteem, little empathy or remorse, constant power struggles, or arguing.

- ◆ **Depression**

Symptoms include loss of joy in everyday activities, frequent and extended sad moods, loss of interest in favorite activities, difficulty concentrating, disengaged, quiet, or feelings of hopelessness.

- ◆ **Eating Disorders**

Symptoms include a disruption in diet with little or excessive food taken in, low self-esteem, mood swings, depression, fatigue, irritability, or lack of concentration.