

# SIGNS YOUR CHILD MAY HAVE A MENTAL HEALTH STRUGGLE



## YOUNG CHILDREN

- Changes in school performance
- Excessive worry or fear
- Persistent nightmares
- Frequent obedience or aggression
- Frequent temper tantrums

## PRE-ADOLESCENTS

- Changes in sleeping/eating habits
- Increased fearfulness
- Outbursts of anger
- Substance abuse
- Prolonged moodiness, decreased appetite, and thoughts of death
- Defiance, truancy, theft, etc.

## ADOLESCENTS/ YOUNG ADULTS

- Hallucinations
- Suicidal thoughts
- Substance abuse
- Feelings of sadness, depression, irritability for an extended length of time
- Moodiness
- Strange thoughts or comments
- Fearfulness or anxiousness
- Social withdrawal
- Dramatic change in sleep/eating habits

One or two symptoms alone doesn't necessarily mean that there is mental illness, but it could indicate a need for more evaluation. If your child is experiencing several symptoms and they are having trouble with being able to study or relating to others, further evaluation from a mental health professional may be necessary. Source: *Psychiatry.org*