



CHILDREN'S MENTAL HEALTH AWARENESS

AS A PARENT OR CAREGIVER, YOU WANT THE BEST FOR YOUR CHILDREN OR OTHER DEPENDENTS.

WHAT TO LOOK FOR:

It is important to be aware of warning signs that your child may be struggling. You can play a critical role in knowing when your child may need help.

Because children often can't understand difficult situations on their own, you should pay particular attention if they experience:

- Loss of a loved one
- Divorce or separation of their parents
- Any major transition—new home, new school, etc.
- Traumatic life experiences, like living through a natural disaster
- Teasing or bullying
- Difficulties in school or with classmates

WHAT TO DO:

If you are concerned about your child's behaviors, it is important to get appropriate care. You should:

- Talk to your child's doctor, school nurse, or another health care provider and seek further information about the behaviors or symptoms that worry you
- Ask your child's primary care physician if your child needs further evaluation by a specialist with experience in child behavioral problems
- Ask if your child's specialist is experienced in treating the problems you are observing
- Talk to your medical provider about any medication and treatment plans

HOW TO TALK ABOUT MENTAL HEALTH:

It is important to be aware of warning signs that your child may be struggling. You can play a critical role in knowing when your child may need help:

- Can you tell me more about what is happening?
- How you are feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen.
- How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself or others?

GET HELP FOR YOUR CHILD:

Seek immediate assistance if you think your child is in danger of harming themselves or others.

You can call a crisis line or the National Suicide Prevention Line at **1-800-273-TALK (8255)**.

If your child is in need of community mental health services you can find help in your area .

You can also find additional help and resources through your Assistance Program.