

CHILDREN'S MENTAL HEALTH

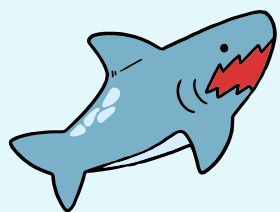


For children, reaching a state of mental health includes hitting developmental milestones and learning how to cope effectively with life's problems. When serious changes are observed in a child's ability to express emotions, learn, or behave appropriately, and it interferes with the child's daily life, mental health concerns may be present.

UNIQUE MENTAL HEALTH CONCERNS

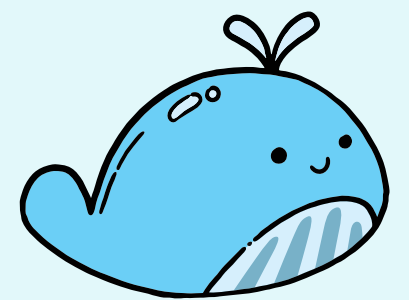
Many mental health disorders can develop in childhood. Some of the most common disorders include:

- Anxiety
- Depression
- Oppositional Defiant Disorder (ODD)
- Conduct Disorder
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)



SIGNS & SYMPTOMS

- Frequent tantrums and/or intense irritability
- Complaints of stomachaches or headaches with no identifiable medical cause
- Sleep problems
- Social isolation
- Struggling academically
- Low energy
- For older children, engaging in risky behaviors like alcohol and other drug use



Is your child presenting some signs or symptoms of mental illness? Here are some next steps:

- Talk to your child's healthcare professional if you have concerns
- Consider treatment options:
 - Locate a psychiatrist or therapist for your child
 - Talk about medication
 - Consider family counseling
- If needed, work with your child's school to develop an plan and /or learning accommodations



Sources: Centers for Disease Control (CDC), National Institute of Mental Health (NIMH)

To learn more about children's mental health, tune into the monthly Strive webinar Wednesday, June 28, 2023, 12:00-12:30 EST
<https://info.kapnick.com/strive-library>

