



Know The Signs

The psychological well-being of children and adolescents is of our utmost concern. We specialize in working with children and families living with ADHD, Anxiety, Depression, and other mental health concerns.

Know the possible warning signs of mental illness in children and teens:

- Prolonged and persistent sadness
- Withdraw from social situations
- Tantrum outbursts, or extreme irritability
- Changes in mood or behavior
- Difficulty sleeping
- Frequent physical symptoms (i.e., headaches, stomach aches, etc.)
- Weight loss or appetite changes
- Difficulty concentrating or focusing
- Changes in attendance or performance at school
- Talk of hurting oneself, death, or suicide



When To Seek Help

It can be difficult to know when to seek help if you suspect your child or teen is suffering from mental illness. If you are noticing changes in your child's thoughts, emotions, or behaviors, talk with your pediatrician. If your child's behavior or thoughts become unsafe, seek help immediately.

Mental Health Emergency Numbers:

- Emergency medical attention
911
- National Suicide Prevention Lifeline
1 (800)273-8255
- Self Harm Hotline
1 (800)366-8288
- Family Violence Hotline
1 (800)996-6228



Helping Your Child Cope

Parenting a child or teen with mental illness is challenging and can be stressful. Your child may be having a difficult time managing and controlling their thoughts, emotions, or behaviors.

Each child is different, but here are some ways to help your child cope:

- Do research to learn more about the illness
- Normalize open communication about their feelings and symptoms
- Never ignore their feelings and symptoms
- Talk with your pediatrician
- Look into family counseling options
- Help your child learn about stress management techniques
- Seek out ways to help you and your child relax and have fun
- Inform others including your child's school and other support systems