

How to Be Aware of Your Child's Mental Health

It's important to spot mental health struggles in children early, because once a problem takes hold, it can become part of everyday behavior and harder to treat. All kids go through stressful life changes sometimes, but watch out for warning signs that go beyond what's "normal" like:

- Problems at home and at school
- Appetite or sleep changes
- Intense fears
- Pulling away from friends
- "Returning to behaviors more common in younger children, such as bedwetting"
- Self-harm
- "Repeated thoughts of death"

If you notice such signs, talking to a doctor or mental health professional is key. They'll look at your child's symptoms, medical history, and family background to understand what might be going on and recommend treatment. Treatment may include therapy, medicines, and support from school to help the child adjust, build coping skills, and recover.

Visit the link below to learn more.

Use QR code to view reference



<https://medlineplus.gov/childmentalhealth.html>



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