

# CHILDREN AND MENTAL HEALTH

According to national institute of mental health

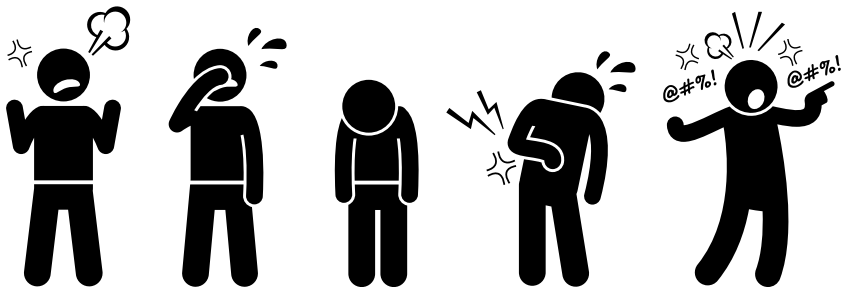
## 15 MILLION

of young people in the United States have been diagnosed with a mental health disorder.

It can be tough to tell if troubling behavior in a child is just a part of growing up or a problem that should be discussed with a health professional. If these troubling behavior lasts for weeks or months, if it interferes with the child's life at home, in school or with friends, you should contact a health professional.

## YOUR CHILD OR TEEN MIGHT NEED HELP IF HE OR SHE:

- Often feels anxious or worried
- Has very frequent tantrums or is intensely irritable much of the time
- Has frequent stomach aches or headaches with no physical explanation
- Is in constant motion, can't sit quietly for any length of time
- Has trouble sleeping, including frequent nightmares
- Loses interest in things he or she used to enjoy
- Avoids spending time with friends



- Has trouble doing well in school, or grades decline
- Fears gaining weight; exercises, diets obsessively
  - Has low or no energy
- Has spells of intense, inexhaustible activity
- Harms herself/himself, such as cutting or burning her/his skin
  - Engages in risky, destructive behavior harms self or others
    - Smokes, drinks, or uses drugs, has thoughts of suicide
- Thinks his or her mind is controlled or out of control, hears voices



**Abundant Health**

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