

Supporting Your Child's Mental Health

An important part of your child's well-being is their mental health. Sometimes, they may need extra support to manage their emotions.



Tips for Parents

Praise their strengths and abilities.

Do relaxing activities together. Activities like meditation can also help you and your child to respond to stressful situations.

Keep a journal of your child's moods and symptoms to share with their doctor.

Make your own mental health a priority as well as your child's.

Where to Find Support

Your child's teacher or school can offer resources and support and give you insights into their behavior.

Parenting forums in-person and online can be a resource for helpful advice and support.

Your primary care provider can help address serious concerns and guide you to the best care and treatment options for your child.

A qualified mental health professional can help you understand your child better and support their mental well-being.

Recognizing The Signs

It can be hard to tell if a child's behavior is just part of growing up or a cause for concern, but help is available. In general, seek help if your child's behavior lasts for weeks, causes distress, or affects their daily life at school, home, or with friends. Some symptoms to watch for include:

- ✓ Persistent sadness or withdrawal
- ✓ Extreme mood swings
- ✓ Changes in eating or sleeping habits
- ✓ Sudden changes in behavior or personality
- ✓ Difficulty concentrating or decline in school performance
- ✓ Persistent anxiety or excessive worry

If your child is in immediate distress or hurting themselves call 911 or go to the nearest hospital.

These guidelines are provided by the National Institute of Mental Health (NIMH) and are not intended to be substituted for advice given by a physician or licensed health-care professional.