

IT'S TIME TO TALK

mental health

WITH YOUR CHILD

1

Practice and exemplify self-care and encourage it in your child.



2

Teach your children the language.



3

Be vigilant looking for signs of a mental health crisis.



4

Give yourself and your child grace.



5

Don't be afraid to seek professional help.



SYMPTOMS TO LOOK OUT FOR:

- Poor performance with school work
- Withdrawal from friends or activities
- Sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Anger and rage
- Overreaction to criticism
- Feelings of being unable to satisfy ideals
- Poor self-esteem or guilt
- Indecision, lack of concentration, or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Problems with authority
- Suicidal thoughts or actions