Symptoms of mental disorders in children may change over time as the child grows. Some of the signs may include difficulties with how a child learns, speaks, acts, and handles emotions.

### COMMON SIGNS
- Becomes very afraid when away from parents
- Does not display full range of emotions
- Is subdued and withdrawn
- Shows increased behavior problems
- Has extreme difficulty with emotional control

### PREVENTION TIPS
Mental disorders in children can be treated and managed. By taking advantage of the resources that are available, you can guide a child to success. Early diagnoses and services for both children and their families are key.

### CHILDREN
1 in 5 children living in the United States suffer from mental health disorders

#### ANXIETY
- Afraid when away from parents
- Constantly having trouble sleeping, complaining about stomachaches or other physical problems
- Avoidant and clingy around parents or caregivers

#### CONDUCT DISORDERS
- Breaking serious rules, for example, running away, staying out at night when told not to, or skipping school
- Aggressive in a way that causes harm, such as bullying, fighting, or being cruel to animals
- Lying, stealing, or damaging other people’s property on purpose

#### ADHD
- Forgetting or losing things a lot
- Excessive squirming or fighting
- Having a hard time resisting temptation

#### DEPRESSION
- Feeling sad, hopeless, worthless, or useless
- Not enjoying activities they used to like
- Changes in eating habits, sleep patterns, and energy levels

#### RESOURCES
- Centers for Disease Control and Prevention
  https://www.cdc.gov/childrensmentalhealth/basics.html
- National Association of School Psychologists
  https://www.nasponline.org
- Contact your local school district and/or mental health providers in your area.

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**EARLY CHILDHOOD MENTAL HEALTH**

www.nasponline.org