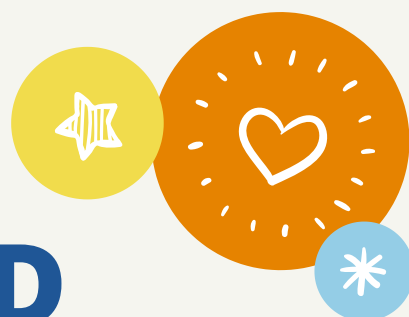




# EARLY CHILDHOOD MENTAL HEALTH



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- ✓ Is subdued and withdrawn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.

