



BlueResourceSM – Emotional Wellbeing – Protecting Your Child’s Mental Health

Know When Kids Need Help

Childhood is a time filled with constant growth and change. It’s easy to pass off angry outbursts or a gloomy mood as a phase. In reality, it could be more serious. About 7.7 million young people (ages 6-17) experience some kind of mental health issue. Some warning signs are:

- sadness for two weeks or more
- pulling back from family and friends
- self-harm or talk about it
- fighting or wanting to harm others
- worry or fears that affect daily activities
- big changes in personality or behavior
- making excuses to miss school
- defying parents and teachers



Half of all mental health issues begin before the age of 14. Get help early.

Source: *Mental Health Conditions Seen in Childhood.* National Alliance of Mental Illness. 2019.
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