

Red Flags Which Might Indicate Your Child/Adolescent Requires Mental Health Services

Mental health services may be indicated if your child is exhibiting a pattern of the following red flag behaviors that affect their relationships, learning, or home and school time:

Changes in mood and behavior as exhibited by sudden mood swings, irritability, or depressed feelings

Social withdrawal- Staying in their room, avoiding friend and family, demonstrating a lost of interest in activities they used to enjoy, e.g. not playing video games

Decline in academic performance- Grades have suddenly dropped, not wanting to go to school

Sleep problems- Not sleeping, sleeping too much, or frequent nightmares

Self-harm- Engaging in hurting themselves such as cutting, burning, scratching

Suicidal thoughts/behaviors- Talking about death or suicide, making a plan for how they would die, giving their toys or favorite items away

Physical changes- Stomachaches, headaches, weight gain or loss

Other behaviors- Engaging in risky or dangerous behaviors, hyperactive behaviors, strange thoughts or beliefs

Source: <https://www.cdc.gov/childrensmentalhealth/data.html>