

DID YOU KNOW?



Did you know that kids can have attention problems, anxiety, or depression that makes it hard for them to learn and play? Anyone can have these kinds of emotional well-being challenges at any age. The good news

is that the earlier we notice these problems, the sooner we can help so children can have healthy and happy lives.

Reach out for help so your child grows to their full potential.

What are some of the **EARLY SIGNS** that a child might need help with their emotional well-being?

There are two main changes to look for:

1. First, look for small changes in the way your child is thinking, feeling or acting.

A child might:

- Say negative things about themselves or blame themselves for things that are not in their control.
- Have trouble in school.
- Have a hard time paying attention.
- Have bigger reactions to events than you would expect.
- Seem very nervous, anxious, guilty, scared, irritable, mad, sad, or might cry easily.
- Feel helpless, hopeless or lonely.
- Not really enjoy things they used to like.



REACH OUT FOR SUPPORT TO HELP YOUR CHILD REACH THEIR FULL POTENTIAL.

2. Second, look for physical changes.

For example a child might:

- Have headaches, stomach aches or general aches and pains.
- Show a lack of energy, or seem tired all the time.
- Have trouble sleeping.
- Changes in appetite.

Or show too much energy have nervous habits like nail biting or fidgeting.



Parents and family members are usually the first to notice changes. **If you notice a change, be curious and ask about it.** Look for changes in all areas of your child's life: at home, school, with family, friends, and the community.

A few changes don't always mean there is a problem, but if it gets in the way of playing and learning, **reach out to a trusted person for help.**

Connect with your local community center, church group, or school. Or talk with the doctor about any changes and concerns.

REMEMBER, THE EARLIER YOUR CHILD GETS HELP, THE HEALTHIER AND HAPPIER YOUR CHILD WILL BE.

HELPFUL RESOURCES

We recommend these resources for getting help:

1. Call the **Behavioral Health Services** number on the back of your insurance card or go through your insurance home website.
2. Contact **SmartCare - Behavioral Health Consultation Services** at (858) 956-5901. Accepts all ages. No cost to families.
3. Search the **"Find a Therapist"** database at: www.psychologytoday.com

