11 WARNING SIGNS
OF MENTAL HEALTH DISORDERS IN CHILDREN/TEENS

- Feeling sad/withdrawn for more than 2 weeks.
- Severe mood swings that cause problems with family/friends.
- Intense fear/worry that interfere with daily life.
- Sudden overwhelming fear for no reason.
- Self-harm, talking about suicide and/or making a plan/attempt.
- Not eating, throwing up or laxative use.
- Significant weight loss or gain.
- Severe, out of control behavior or risk-taking behavior.
- Drug and alcohol use.
- Drastic change in behavior, personality or sleeping habits.
- Difficulty concentrating or staying still.