

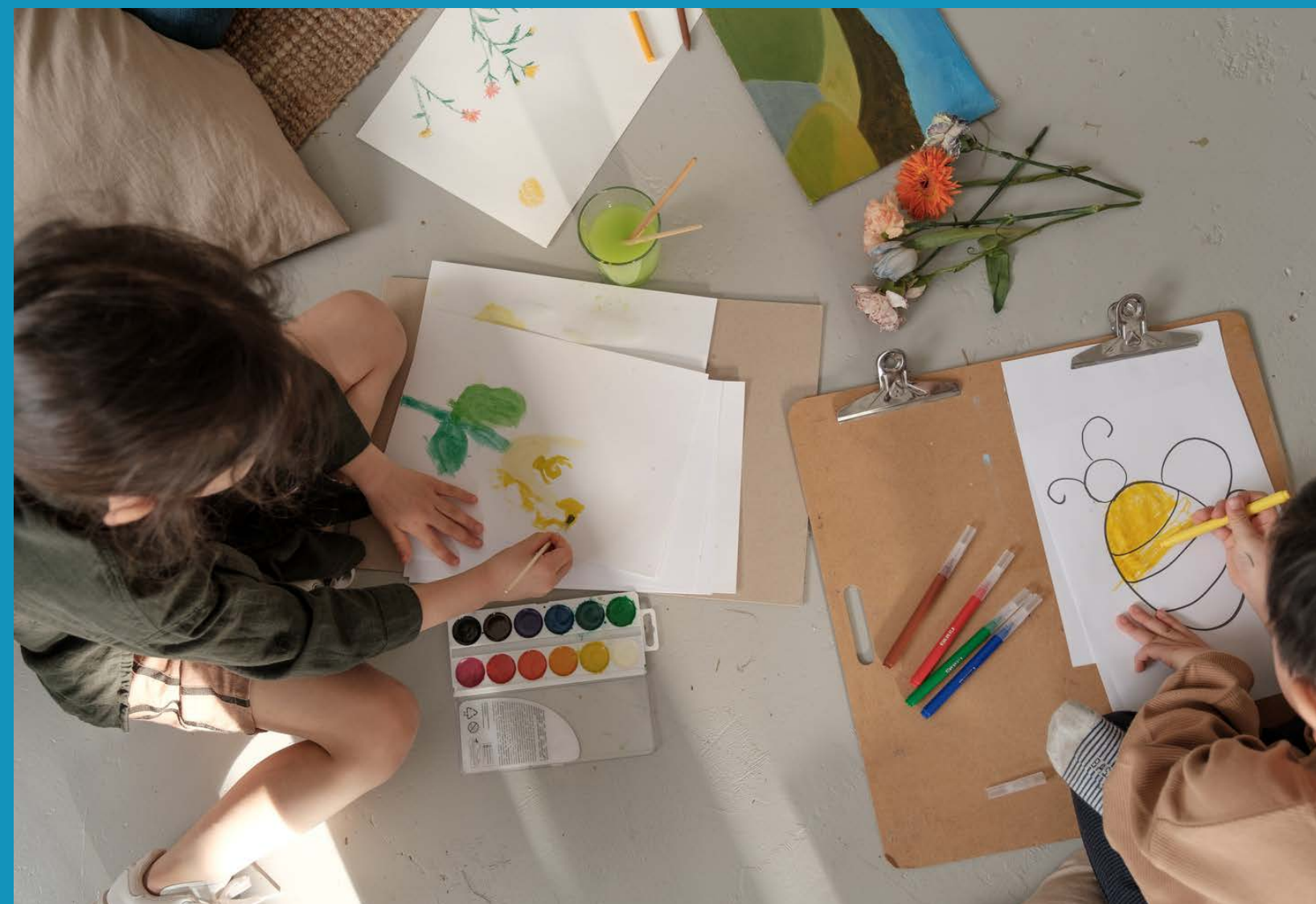
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# Child and Adolescent Mental Health: Warning Signs and Resources





A community leader since 1896, Child & Family Guidance Center (CFGC) takes a state-of-the-art approach to treating individuals with complex mental and behavioral health challenges throughout seven North Texas counties - Dallas, Collin, Ellis, Hunt, Kaufman, Navarro, and Rockwall.



# Commonly Diagnosed Mental Disorders in Children and Adolescents

- ADHD
- Anxiety
- Behavioral issues
- Depression



# Early Warning Signs

- 1 Ongoing behavior problems at daycare, school, or home
- 2 Hyperactivity or constant movement
- 3 Frequent, unexplained tantrums
- 4 Unusual or unexplained fears or worries
- 5 Persistent sadness lasting longer than 2 weeks
- 6 Social withdrawal
- 7 Hurting oneself or others

# When to Seek Immediate Help:

- Talks about suicide
- Threatens to harm self or others
- Strange thoughts, beliefs, feelings, or unusual behaviors
- Acting out sexually
- Severe worry or anxiety
- Refusal to go to school, go to sleep, or take part in activities typical for the child's age



# Seeking Treatment and Resources

Reach out to your pediatrician

Request a referral to psychiatrist

Consult your healthcare insurance directory

Ask your child's school counselor for guidance

Talk with other parents

# Additional Resources

- 01 National Alliance on Mental Illness
- 02 Trevor Project LGBTQ+ Youth
- 03 One Mind Psyber Guide  
Finding support through apps and online sources
- 04 Mental Health America



# Takeaways

- Mental health care is an essential part of overall wellbeing
- Reduce stigma
- Understand barriers to care
- Encourage and support positive relationships
- Develop positive coping techniques in your home and family
- Sooner is better - don't wait until symptoms are unmanageable
- Treatment works
- Accountability is key





# THANK YOU.

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