

CHILDREN'S MENTAL HEALTH (Age 6-12)

Los Angeles County Department of Mental Health

Why is mental health important in childhood?

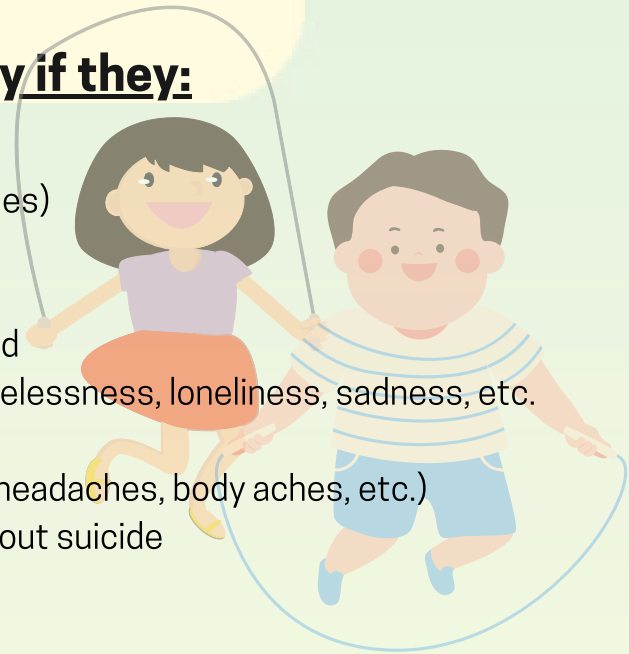
Mental health and emotional wellbeing are important for your child to develop healthy relationships with family and friends, to adapt to change and to deal with life's challenges.

Myth: A child can manage overwhelming thoughts and feelings through willpower.

Fact: While many children are resilient, many do not yet have the skills and life experience to manage overwhelming thoughts and feelings alone. Children need support from caring adults to help them cope and regulate emotions.

Your child may be struggling emotionally if they:

- No longer want to go to school
- Have difficulty in school (poor concentration, poor grades)
- Hit or bully other children
- Avoid or isolate from friends or family
- Lack motivation, interest in activities they once enjoyed
- Experience anger outbursts, extreme fear/anxiety, hopelessness, loneliness, sadness, etc.
- Display changes or difficulties with sleep or appetite
- Experience many physical complaints (stomach hurts, headaches, body aches, etc.)
- Hurt themselves intentionally and/or have thoughts about suicide



How Can You Help?

- Show patience and compassion for your child as they navigate their thoughts and feelings.
- Remind your child that you will be there to support them through what they're experiencing.
- Consider discussing your child's behaviors and interactions with their teacher.
- Talk to your child's pediatrician about your concerns.
- Request for a referral for a mental health professional.
- Consider the resources provided below.

Reference: Psychology Today <https://www.psychologytoday.com/us/blog/singletons/201609/13-possible-signs-childhood-mental-illness>



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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