

Supporting Children's Mental Health

Shining a spotlight on the importance of a child or adolescent's mental health

Warning signs

Learn to recognize the symptoms of a struggling child or teen:

- Their circle of friends changes, or they become more withdrawn
- Their grades change, they lose interest in things they loved before.
- There's a significant change in their weight, sleep, or mood
- They recently experienced a loss of some kind (friends groups changing, loved ones passing away, the end of a relationship)

What can you do?

- **Be available:** Know that conversations don't need to be long sit-downs, they may happen in small moments
- **Ask and Listen:** Listen to what they have to say and avoid judging or giving too much advice at once
- **Talk about how you take care of your own mental health:** Kids are always watching and learning from your actions
- **Validate:** Reinforce their feelings by restating what they say and empathizing with their situations.
- **Take a break:** If feelings or emotions become too big, it is okay to take a break and return to the conversation after everyone has had time to cool down

If your child talks about suicide, seek help right away. For a crisis, call Spring Health's 24/7 clinical crisis support phone line (1-855-629-0554; option 2)



1 in 5 ● ○ ○ ○ ○ ○

children and adolescents will have a diagnosable mental, emotional, or behavioral disorder at some point in their development. Sadly, **only about 20%** of those children will receive care from a mental health professional.

If you are looking for more ways to support, understand or talk about mental health with your child Spring Health is here for you.

[Sign in](#) to book a session, or speak to a Care Navigator for more information about how we can support you.