



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- **Feeling sad/withdrawn for more than 2 weeks.**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.**