

Common Warning Signs a Child May Need Help



- Severe decline in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety
- Sleeping too much or too little
- Irregular eating patterns
- Feelings of worthlessness
- Persistent disobedience
- Depression, sadness or irritability
- Hyperactivity or fidgeting
- Substance abuse
- Rapidly changing or severe mood swings

Where to seek help

If you suspect a problem or have questions consult your family physician or a mental health professional.

For more information and referral regarding the type of service available for children, youth and families contact Nassau County Family Support System of Care at (516) 227-7380



Children's
Mental Health
Matters

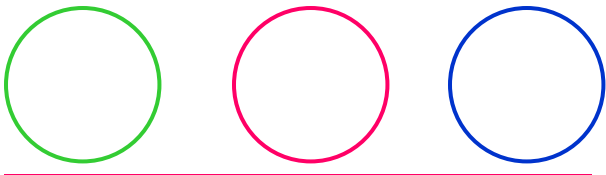
Children's
Mental Health
Awareness
Month
May 2010



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Nassau County

Family Support System of Care



Mental Health Awareness Month

The month of May is dedicated to increasing public awareness about the triumphs and challenges in children's mental health and emphasizing the importance of family and youth involvement in the mental health movement.

This month promotes the positive mental health, well being and social development for all children and youth.

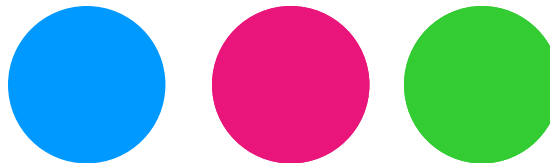


Children's Mental Health Facts

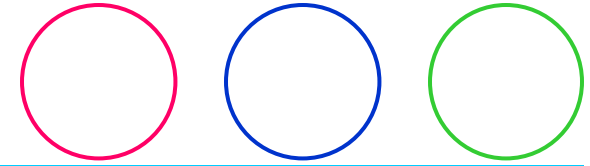
- 21% of U.S children ages 9 to 17 have a diagnosable mental health challenge
- 79% of those children do not receive mental health care
- Suicide is the third leading cause of death of youth ages 15 to 24 in New York State
- Anxiety disorders, mood disorders (e.g. depression, bipolar) and disruptive disorders (e.g. attention deficit and hyperactivity disorder) are the most common mental health challenges among children and youth
- The treatment success rate for children's mental health challenges is 80%



*Source: National Institute of Mental Health and the Substance Abuse and Mental Health Service Administration



Anti-Stigma Do's and Don'ts



Do

- Use respectful language
- Emphasize abilities and strengths, not limitations
- Tell someone if they express a stigmatizing attitude

Don't

- Use generic labels such as retarded or the mentally ill
- Use terms like crazy, lunatic, manic-depressive, or slow functioning

Always remember

- Every child's mental health is important
- Mental Health problems can be recognized and successfully treated

