



Improving the mental health of the community through awareness, advocacy, and support.

Mental Health America of Northeast Florida

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Also look for us on Facebook and Twitter

If you or someone you know is in crisis now, seek help immediately.
Call United Way crisis center **211**. Or dial **911** for immediate assistance.



Promoting children's
MENTAL HEALTH



We all have something
special to give.





Did you know: Although one in five children in the United States suffers from a mental health disorder, only about 20 percent of those affected actually receive the necessary treatment. It is important to recognize and treat mental health disorders in children early on.

WHAT IS CHILDREN'S MENTAL HEALTH

Just as you can't prevent your child from catching a cold, you can't prevent them from having mental health problems. But you can give them the tools they need early on to reach their full potential and grow into productive adults. The term childhood mental illness means all mental disorders that can be diagnosed and begin in childhood. This includes disorders associated with anxiety, disruptive behavior, pervasive development, eating, tics, and affective mood as well as schizophrenia. A child's mental well-being is just as important as their physical wellbeing. That's why it's so important to be vigilant in promoting mental health at a young age.

MENTAL HEALTH PROMOTION

Promoting a child's mental health means helping a child feel secure, relate well with others, and foster their growth at home and at school. This is done through the promoting of self-confidence, warmth and love, respect, encouragement and praise, and consistency with clear consequences for misbehavior.

KNOW THE SIGNS

If you are concerned that a child may have a mental health problem, seek help from a doctor or mental health professional. The following are signs to be on the lookout for:

- Feels very sad, hopeless, or irritable
- Feels overly anxious or worried
- Is scared and fearful
- Is excessively angry
- Uses alcohol or drugs
- Avoids social situations and wants to be alone
- Hears voices or sees things that aren't there
- Can't concentrate, sit still, or focus
- Performs rituals such as cleaning many times a day
- Talks about suicide or death
- Hurts other people or animals; or damages property
- Eating or sleeping habits change dramatically
- Loses interest in friends and daily activities
- Falls behind in school or grades worsen

TREATMENT

Many mental health disorders in children are treatable. But early detection, diagnosis, and treatment are essential to helping a child fulfill their potential and grow into a productive adult. Treatment often includes medication, psychotherapy, or a combination of the two.



HOW ARE YOU FEELING?

MHA offers online screenings to help identify symptoms, and to find the help you need to feel your best and healthiest. To learn more about our screenings, visit the MHA website at www.mhajax.org. Our screenings are confidential, online, and will take just a few minutes of your time.