



MENTAL HEALTH MATTERS!

When to Call For Help

- Always seek immediate help if a child engages in unsafe behavior or talks about wanting to hurt him or herself or someone else.
- Seek help when a child's behavior or emotional difficulties last for more than a few weeks and are causing problems at school, at home, or with friends.
- A thorough evaluation can help determine if treatment is necessary, and which treatments may be most effective.
- Early treatment can help address a child's current difficulties and can also help prevent more serious problems in the future

YOUNG CHILDREN	
<input type="checkbox"/>	Have frequent tantrums or are intensely irritable much of the time
<input type="checkbox"/>	Often talk about fears or worries
<input type="checkbox"/>	Complain about frequent stomachaches or headaches with no known medical cause
<input type="checkbox"/>	Are in constant motion and cannot sit quietly (except when they are watching videos or playing videogames)
<input type="checkbox"/>	Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
<input type="checkbox"/>	Are not interested in playing with other children or have difficulty making friends
<input type="checkbox"/>	Struggle academically or have experienced a recent decline in grades
<input type="checkbox"/>	Repeat actions or check things many times out of fear that something bad may happen.
OLDER CHILDREN & ADOLESCENTS	
<input type="checkbox"/>	Have lost interest in things that they used to enjoy
<input type="checkbox"/>	Have low energy
<input type="checkbox"/>	Sleep too much or too little, or seem sleepy throughout the day
<input type="checkbox"/>	Are spending more and more time alone, and avoid social activities with friends or family
<input type="checkbox"/>	Fear gaining weight, or diet or exercise excessively
<input type="checkbox"/>	Engage in self-harm behaviors (e.g., cutting or burning their skin)
<input type="checkbox"/>	Smoke, drink, or use drugs
<input type="checkbox"/>	Engage in risky or destructive behavior alone or with friends
<input type="checkbox"/>	Have thoughts of suicide
<input type="checkbox"/>	Have periods of highly elevated energy and activity, and require much less sleep than usual
<input type="checkbox"/>	Say that they think someone is trying to control their mind or that they hear things that other people cannot hear.

YOUR CHILD'S MENTAL HEALTH MATTERS!

CALL TO SCHEDULE AN APPOINTMENT TODAY!

PHONE: 713-739-9725

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