



### **Signs and Symptoms of Seriously Emotionally Disturbed (SED)**

Parents and/or teachers are usually the first to recognize that a youth has a problem with emotions or behavior. The first step is to gently try to talk to the child. An honest open talk about feelings can often help. The following is a general list of common signs which may indicate that a child and adolescent psychiatric evaluation would be useful:

- \*Marked fall in school performance
- \*Poor grades in school despite effort
- \*Severe worry or anxiety
- \*School refusal
- \*Frequent physical complaints
- \*Hyperactivity, fidgeting, constant movement
- \*Extreme difficulties in concentration
- \*Persistent nightmares
- \*Thoughts of death
- \*Poor peer relationships
- \*Persistent disobedience or aggression
- \*Opposition to authority figures
- \*Frequent, unexplainable temper tantrums
- \*Inability to cope with problems/daily activities
- \*Sexual action out
- \*Prolonged negative mood
- \*Poor appetite
- \*Sleep difficulties
- \*Severe mood swings
- \*Repeated use of alcohol and/or drugs

Youth who consistently demonstrate these signs/symptoms may be suffering from one or more clinical mental health issues such as Depression, Anxiety, Trauma, Reactive Attachment, or ADHD. For more information please contact the Yellowstone Boys and Girls Ranch School Based Services office that is located within your school or call 406-245-2751 for referral information