

KNOW THE SIGNS: RECOGNIZING MENTAL HEALTH CONCERNS IN KIDS AND TEENS

Life during a pandemic is complicated. Along with new safety protocols and restrictions, kids and teens are dealing with changes to routines, school, and socializing. It's normal for kids and teens to have some difficulty getting used to a "new normal." In fact, the majority of young people who took a screen at mhascreening.org between April and July of 2020 mentioned loneliness and isolation as the main things contributing to their struggles.¹ If your kid or teen still seems to be struggling, something more might be going on.

DID YOU KNOW?

50%

OF ALL PEOPLE WHO WILL HAVE A MENTAL HEALTH DISORDER IN THEIR LIFETIME START TO EXPERIENCE SYMPTOMS BY AGE 14.²



THE MEDIAN AGE OF ONSET FOR ANXIETY DISORDERS IS 6 YEARS OLD³

OF 11-TO-17-YEAR-OLDS WHO TOOK A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org) SINCE MARCH 2020:⁴

83% (11,000) SCREENED POSITIVE OR AT-RISK FOR ANXIETY.

91% (23,000) SCREENED POSITIVE OR AT-RISK FOR DEPRESSION.

SIGNS AND SYMPTOMS TO LOOK OUT FOR

Symptoms that happen across multiple conditions:

- Problems with concentration, memory, or ability to think clearly
- Changes in appetite
- Feeling sad, empty, hopeless, or worthless
- Loss of interest in things that they used to enjoy
- Excessive worry
- Irritability or restlessness
- Changes in sleep
- Angry outbursts
- Not wanting to be around people or take part in activities

Other things to look out for:

- Hearing or seeing things that other people don't
- Extreme panic
- Onset of new behaviors or rituals that are repeated
- Mood swings or frequent shifts in energy
- Changes in how they dress –if your child is wearing long pants and sleeves in hot weather, or hats all of a sudden, they could be hiding signs of self-injury like cutting or hair pulling

