Tips for Parents:

Signs therapy could help your child

If you're wondering whether your child could benefit from talking to a therapist, these signs can help you decide whether it's the right next step.

Strong stress reactions

School presents shifting stressors. Notice if your child is more easily angry, frustrated, or anxious.

Difficulty making friends

Children can isolate and avoid socializing with friends when they don't feel mentally well.

Unpredictable moods

Take note of any frequent mood swings where the cause is unknown.

Modified sleeping or eating patterns

Watch for any new or unhealthy habits that may signal emotional difficulty.

Unexplained physical symptoms

Some children may complain of frequent headaches or stomach issues without a clear cause.

Neglect of school work

Some students procrastinate to avoid academic pressure, which can signal they're feeling overwhelmed or disconnected.

Need Help? You're not alone.

In addition to your school's student support teams, Care Solace is available 24/7/365 to connect you or your child to help.

Call (888) 515-0595



care solace.