



Signs a young person is struggling with their mental health

Many children and youth will exhibit different moods, thoughts and behaviours at various times that can be part of normal childhood development. But these characteristics and behaviours may be signs of an underlying mental health concern or disorder if they: are intense, persist over long periods of time, are inappropriate for the child's age, interfere with the child's life

- getting significantly lower marks in school**
- avoiding friends and family**
- having frequent outbursts of anger**
- changes to sleeping or eating habits**
- acting out or rebelling against authority**
- drinking a lot and/or using drugs**
- not doing the things he or she used to enjoy**
- worrying constantly**
- experiencing frequent mood swings**
- not concerned with his or her appearance**
- obsessed with his or her weight**
- lacking energy or motivation**
- increased risk-taking behaviour**
- feeling very down**

Rotherham Office: 01709 919929

Barnsley Office: 01226 21188

rbmind.co.uk