

Being Prepared

Know When to Seek Help for Your Child

Parents are usually the first to recognize that their child has a problem with emotions or behavior. Parents' growing concerns, and observations of outside resources such as teachers and family, are the most common processes of coming to the realization that a child can benefit from treatment. Parents may also consult with a Child and Adolescent Psychiatrist* or other professionals about ways to help their youngster at home.

The following are a few signs which may indicate that a child and adolescent psychiatric evaluation will be useful:

Younger Children

- Marked change in school performance
- Poor grades in school despite trying very hard
- A lot of worry or anxiety, as shown by refusing to go to school, go to sleep or take part in activities that are normal for the child's age.
- Hyperactive activity; fidgeting; constant movement beyond regular playing
- Persistent nightmares
- Persistent disobedience or aggression (longer than 6 months) and provocative opposition to authority figures
- Frequent, unexplainable temper tantrums

Pre-Adolescents and Adolescents

- Marked change in school performance
- Abuse of alcohol and/or drugs
- Inability to cope with problems and daily activities.
- Marked changes in sleeping and/or eating habits

Note: A Child and Adolescent psychiatrist is a physician with at least 5 years of additional training beyond medical school in adult, child and adolescent psychiatry.

- Many complaints of physical ailments
- Aggressive or non-aggressive consistent violation of rights of others, opposition to authority, truancy, thefts, vandalism
- Intense fear of becoming obese with no relationship to actual body weight
- Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping or thought of death.
- Frequent outbursts of anger

701.476.7216 referral or more information

877.333.9565 toll free

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