

Mental & Behavioral Health MATTER

Do you have concerns about your child's behavior?
Are you worried about a child you love?
Is there a parent you know that is struggling?
You are not alone!

? Have You Noticed Any of These Behavior Changes in the Young People in Your Life?

- Changes in school performance
- Excessive worry or anxiety
- Hyperactive behavior
- Frequent disobedience/aggression
- Frequent temper tantrums
- Feeling excessively low or sad
- Changes in sleeping or eating habits
- Avoiding friends or social activities
- Multiple physical ailments without obvious causes
- Changes in communication
- Significant change in how your child relates to you
- Big changes in appearance/hygiene

Facts from the National Alliance on Mental Illness:

- **1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year.
- **1 in 5** young people report that the pandemic had a negative impact on their mental health.
- **Suicide** is the second leading cause of death among people aged 10-14; and the third leading cause of death among those 15-24 years old.

More information on other side →

Don't wait until it becomes a crisis.



Where to turn for support:

- Your child's PCP
- Your child's daycare or school. If your child is in public school, you can ask for a referral to the Student Assistance Program.
- Your insurance company
- Community Care Behavioral Health Organization: ccbh.com
- Allegheny Children's Initiative: AlleghenyChildrens.org
- MentalHealth.gov
- Mental Health America: mhanational.org
- National Alliance on Mental Health: nami.org

MYTH	MYTH	MYTH
All mental health services include medication.	A mental health diagnosis is a barrier to a child's success.	Behavioral health issues are the result of bad parenting.
FACT	FACT	FACT
There are many mental health services that do not include medication	Symptoms can be treated and a diagnosis is a gateway to services.	You may not have caused it, but you can be part of the solution!

Hotlines for immediate support:

- Suicide Crisis Lifeline: Call/text 988 or chat 988lifeline.org
- National Alliance on Mental Health (NAMI) Helpline 800-950-6264 or text "Helpline" to 62640
- The Trevor Project (LGBTQ young people) 1-866-488-7386 or text 678-678 or chat at thetrevorproject.org
- Resolve Crisis Service (Allegheny County) 1-888-796-8226
- Allegheny County Peer Support Warmline Service 1-866-661-WARM (9276), 9 a.m. - 1 a.m. daily



AlleghenyChildrens.org