

# SIGNS TO WATCH FOR



**DID**  
*you*  
**know**



Mental health treatment  
works and recovery  
is possible.

## YOUR CHILD IS...

- having more difficulty at school
- hitting or bullying other children
- attempting to injure them self
- avoiding family and friends
- having frequent mood swings
- having intense emotions, such as angry outbursts or extreme fear
- has no energy or interest in things they enjoy
- having nightmares or trouble sleeping
- has a lot of physical complaints
- neglecting their appearance
- obsessed with their weight or appearance
- not eating enough or eating too much

**1** IN **5**

children and teens  
may experience a  
mental health issue  
in a given year.

**50%**

*of lifetime mental  
health issues show  
their signs by age 14.*

## SUPPORT RESOURCES

### CALL 2-1-1

To connect to community services

**[namicentraltexas.org](http://namicentraltexas.org)**

Offers no-cost classes & support groups

**[suicideispreventable.org](http://suicideispreventable.org)**

Know the signs. Find the words. Reach out.

**[kidsinthehouse.com](http://kidsinthehouse.com)**

Largest parenting video library in the world

**[thetrevorproject.org](http://thetrevorproject.org)**

Crisis and suicide intervention for LGBTQ youth

**[teenshealth.org](http://teenshealth.org)**

Doctor-reviewed advice on physical, emotional  
and behavioral health topics

## CRISIS RESOURCES

### Call 512-472-HELP(4357)

A mental health professional will connect  
you to the most appropriate people to help

**Call 9-1-1** *if* there is an immediate  
threat of danger or a medical emergency

**TEXT TX to 741-741** to connect to  
free 24/7 crisis support via text

Connecting the dots

**Kids Living Well**  
for children's mental health

[www.kidslivingwell.org](http://www.kidslivingwell.org)