



Mental Health Association of Northern Kentucky

LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

513 Madison Avenue, 3rd Floor Covington, KY 41011 859-431-1077 or www.mhanky.org

RED FLAGS IN CHILDREN'S BEHAVIOR

Awareness of the following symptoms can help parents be alert to behavioral signs that may indicate the need for further evaluation. If you have concern that your child may be experiencing depression or any other mental health problem, put a check by any symptoms your child may exhibit. Note specific examples & take this list with you to a health care professional.

Infants & Toddlers

- ☐ too little or too much crying or excessive whining
- ☐ sad or deadpan expression
- ☐ little motor activity
- ☐ lack of pleasure in developmentally appropriate activities
- ☐ lack of social interest
- ☐ failure to grow and thrive

Pre - Schoolers

- ☐ frequent, unexplained headaches, stomach aches and / or fatigue
- ☐ over activity or excessive restlessness
- ☐ frequent sadness
- ☐ low tolerance for frustration
- ☐ irritability
- ☐ lack of pleasure in previously enjoyed activities

School Aged Children

- ☐ frequent, unexplained headaches & stomach aches
- ☐ significant weight gain or loss
- ☐ feeling sad, hopeless, weepy or empty
- ☐ feelings of being “bad” or “stupid”
- ☐ changes in sleep patterns / problems with sleeping
- ☐ unprovoked anger or aggression

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- ☐ refusal or reluctance to attend school or skipping school
- ☐ dropping out of favorite activities
- ☐ withdrawal, little interest in playing with others
- ☐ running away

Adolescents *(with older children you may want to discuss this list with them to determine if professional intervention would be helpful)*

- ☐ any of the symptoms for school aged children or any of the following :
- ☐ sudden drop in grades or change in behavior
- ☐ self - destructive behavior, including drug or alcohol use
- ☐ difficulty with relationships
- ☐ antisocial or delinquent behavior
- ☐ inattention to appearance, hygiene or grooming
- ☐ risk taking behaviors with little thought to consequences
- ☐ extreme sensitivity to rejection or failure
- ☐ slowed physical responses or increased physical agitation
- ☐ social isolation

