



## MENTAL HEALTH

Struggling to learn or acting out may be a sign of a mental health challenge. All children can have mental health challenges.

If you think that your child has a mental health challenge, your school and community can help you.

### **What mental health challenges could affect my child?**

There are many different types of mental health challenges that affect school children. Some of these challenges are listed below.

- Anxiety may cause a child to be nervous or irritable.
- Depression may cause a child to be sad and lack interest in being active or spending time with friends and family.
- Attention-Deficit/Hyperactivity Disorder may make it difficult for a child to pay attention or sit still. This challenge is also known as ADHD or ADD.
- Post-traumatic Stress Disorder may make a child sad, anxious, irritable, or frightened. If your child has experienced stress from things like death or violence, your child may develop this challenge. This challenge is also known as PTSD.

### **What should I do if I think my child is struggling with mental health?**

Ask the school for help. You can ask the school to do an evaluation. You may also ask the school for a special education assessment.

Ask your friends, family, and community to suggest mental health professionals who can help.

Call the Georgia Crisis Access Line at (800) 715-4225 or a local mental health provider for help.