

# How do you spot the signs of mental ill health in children and young people?



Here are some key questions to keep in mind in your work with children and young people. They all sit beneath the most important question:

## Has there been a notable shift in their mood, behaviour or appearance?

### Mood

- Does their mood seem persistently lower than normal?
- Do they seem distracted or restless?
- Do they seem unusually anxious?
- Do they seem overwhelmed?
- Do they seem angry?
- Do they seem upset?
- Do they seem lethargic or apathetic?
- Do their moods seem to be constantly changing?

- Are they struggling to concentrate?
- Are they acting irritable or short tempered?
- Are they avoiding activities they normally enjoy?
- Are they less interested in things that normally interest them?
- Are they reluctant to speak?
- Are they finding it difficult to make choices?
- Are they presenting unusually non-compliant or defiant behaviour?
- Are they physically or verbally aggressive to others?
- Are they withdrawing and spending less time with friends?
- Are they expressing low self-esteem or the idea that they are 'worthless'?
- Are they refusing to accept praise?
- Are they frequently daydreaming?
- Are they restless or over-active?
- Are they struggling to function well in day-to-day school life?

### Behaviour

### Appearance

- Are they frequently teary?
- Have they lost or gained weight?
- Do they seem more tired than usual?
- Do they seem to be neglecting their personal presentation?
- Does their body language seem unusually closed?

# Mental Health Guide

**Mental Health America**



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## **Table of Contents Mental Health Guide**

1. Understanding the eBook Mental Health Guide
  - The Rise of Digital Reading Mental Health Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mental Health Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Guide
  - Personalized Recommendations
  - Mental Health Guide User Reviews and Ratings
  - Mental Health Guide and Bestseller Lists

5. Accessing Mental Health Guide Free and Paid eBooks
  - Mental Health Guide Public Domain eBooks
  - Mental Health Guide eBook Subscription Services
  - Mental Health Guide Budget-Friendly Options
6. Navigating Mental Health Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Mental Health Guide Compatibility with Devices
  - Mental Health Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mental Health Guide
  - Highlighting and Note-Taking Mental Health Guide
  - Interactive Elements Mental Health Guide
8. Staying Engaged with Mental Health Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mental Health Guide
9. Balancing eBooks and Physical Books Mental Health Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mental Health Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Mental Health Guide
  - Setting Reading Goals Mental Health Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mental Health Guide
  - Fact-Checking eBook Content of Mental Health Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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