

# Signs of Mental Ill-Health in Children

Mental health problems affect about 1 in 10 children and young people. Here is what you should look out for in a child who might need your help...

## Behaviour Changes:

Behaviours that are out of the ordinary for that child, e.g. aggression towards others



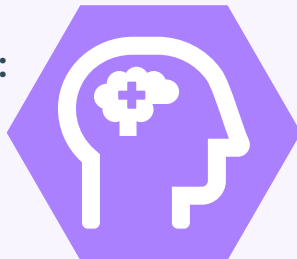
## Absences:

Regular absences or large amounts of time off with suspicious reasoning



## Children with known mental health problems:

Having an existing mental health problem can cause other mental health problems



## Problems with food:

Weight loss or illnesses related to food, such as anorexia or bulimia



## Emotional Changes:

Such as withdrawal, tiredness, low self-esteem or general feelings of sadness



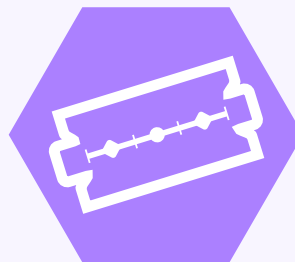
## Physical Symptoms:

Children can sometimes present physical symptoms for mental ill-health like headaches or stomach aches



## Indications of Self Harm:

Whether you suspect it or you have seen physical proof of it



## Changes in Classroom Behaviour:

Lack of concentration or lack of focus on learning



While this is not an extensive list of all possible signs, they are strong indicators & you should usually report to a DSL if you suspect mental ill-health in a child...