

# Mental health – your children

We all experience emotions; ups and downs are a normal part of life at any age. For children, recognizing signs of struggle, providing support and care can help them to develop strong emotional awareness and self-regulation skill.

## Possible signs of mental health concern

### Younger children

- Frequent changes in mood/emotions
- Easily hurt feelings, crying, anger, irritability
- Ongoing temper tantrums, throwing things, hitting others, etc.
- Persistent sadness and lack of interest in activities they normally enjoy
- Withdrawing from friends and family
- Increased need for contact and reassurance

### Older children

- Outburst of anger or distress, frequent irritability
- Feelings of anxiety or panic
- Increased defiance or opposition
- Refusal to attend school or declining grades
- Use of drugs/alcohol
- Withdrawal from family, friends, activities
- Ongoing negative self-talk
- Renewed interest in activities from earlier childhood years

For further resources and support, visit [School Mental Health Ontario](#).

