

12 QUESTIONS EVERY PARENT SHOULD ASK

Does my child...

1. Often seem sad, tired, restless, or out of sorts?
2. Spend a lot of time alone?
3. Have low self-esteem?
4. Have trouble getting along with family, friends, and peers?
5. Have frequent outbursts of shouting, complaining, or crying?
6. Have trouble performing or behaving in school?
7. Show sudden changes in eating patterns?
8. Sleep too much or not enough?

9. Have trouble paying attention or concentrating on tasks like homework?
10. Seem to have lost interest in hobbies like music or sports?
11. Show signs of using drugs and/or alcohol?
12. Talk about death or suicide?

If you answered yes to four or more of these questions, and these behaviors last longer than 2 weeks, you should seek professional help for your child.

RESOURCES

These are a few of the resources available.

American Academy of Child and Adolescent Psychiatry (AACAP)

www.aacap.org
3615 Wisconsin Avenue NW
Washington, DC 20016-3007
202-966-7300

Anxiety and Depression Association of America (ADAA)

www.adaa.org
8701 Georgia Avenue, Suite 412
Silver Spring, MD 20910
240-485-1001

Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org
730 N. Franklin Street, Suite 501
Chicago, IL 60654-7225
800-826-3632

Mental Health America (MHA)

www.mentalhealthamerica.net
2000 N. Beauregard Street, 6th Floor
Alexandria, VA 22311
800-969-6642; 703-684-7722

National Alliance on Mental Illness (NAMI)

www.nami.org
3803 N. Fairfax Dr., Suite 100
Arlington, VA 22203
800-950-6264; 703-524-7600

National Institute of Mental Health (NIMH)

www.nimh.nih.gov
6001 Executive Boulevard
Room 6200, MSC 9663
Bethesda, MD 20892-9663
866-615-6464; 301-443-4513

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samsha.gov
1 Choke Cherry Road
Rockville, MD 20857
877-726-4727; 800-487-4889 (TDD)



National Alliance on Mental Illness

802 West Broad St., Bethlehem, PA 18018

610-882-2102

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