

## *Fast Facts About...*

### **Your Child's Mental Health: 12 Questions Every Parent Should Ask**

#### **Does my child...**

- Often seem sad, tired, restless, or out of sorts?
- Spend a lot of time alone?
- Have low self-esteem?
- Have trouble getting along with family, friends, and peers?
- Have frequent outbursts of shouting, complaining, or crying?
- Have trouble performing or behaving in school?
- Show sudden changes in eating patterns?
- Sleep too much or not enough?
- Have trouble paying attention or concentrating on tasks like homework?
- Seem to have lost interest in hobbies like music or sports?
- Show signs of using drugs and/or alcohol?
- 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.

*For more information, contact:*

SAMHSA's National Mental Health Information Center  
(800) 789-2647  
[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

## Resources For...

### Your Child's Mental Health: 12 Questions Every Parent Should Ask

#### *American Academy of Child and Adolescent Psychiatry (AACAP)*

3615 Wisconsin Avenue, NW

Washington, DC 20016-3007

Local: (202) 966-7300

Toll-free: (800) 333-7636

**[www.aacap.org](http://www.aacap.org)**

#### *Anxiety Disorders Association of America (ADAA)*

8730 Georgia Avenue, Suite 600

Silver Spring, MD 20910

Local: (240) 485-1001

Toll-free: (800) 922-8947

**[www.adaa.org](http://www.adaa.org)**

#### *Depression and Bipolar Support Alliance (DBSA)*

730 N. Franklin Street, Suite 501

Chicago, IL 60610-7224

Local: (312) 642-0049

Toll-free (800) 826 -3632

**[www.dbsalliance.org](http://www.dbsalliance.org)**

#### *National Alliance for the Mentally Ill (NAMI)*

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201-3042

Local: (703) 524-7600

Toll-free: (800) 950-NAMI (6264)

TDD: (703) 516-7227

**[www.nami.org](http://www.nami.org)**

#### *National Institute of Mental Health (NIMH)*

6001 Executive Boulevard

Room 8184, MSC 9663

Bethesda, MD 20892-9663

Local: (301) 443-4513

Toll-free: (866) 615-6464

**[www.nimh.nih.gov](http://www.nimh.nih.gov)**

#### *National Mental Health Association (NMHA)*

2001 N. Beauregard Street, 12th Floor

Alexandria, VA 22311

Local: (703) 684-7722

Toll-free: (800) 969-NMHA (6642)

TTY: (800) 433-5959

**[www.nmha.org](http://www.nmha.org)**

These are just a few of the many resources available.

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