

Symptoms of a Mental Health Challenge

A mental health condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Below are symptoms and situations of a mental health challenge:

Has your child been experiencing any of the below symptoms for 2+ weeks or more days than not? If yes, see other side of page for steps to take:

- Has their hygiene declined?
- Have there been any significant changes in eating or appetite?
- Is your child uninterested in their hobbies?
- Has your child been talking more about feeling worried, stressed or anxious?
- Is your child unusually irritable or angry?
- Is your child saying more often that they feel sad or hopeless?
- Have you suspected your child was intoxicated or high?
- Have you found items suggestive to substance use or abuse?
- Has your child abruptly changed peer groups?
- Is your child extremely fatigued?
- Has their sleep changed?
- Are they withdrawing from family and friends?

Sometimes situations can lead to mental health challenges. Here are a few examples to watch for. If your child has recently experienced one of these situations, check in with them. If you feel your child needs additional support, see other side of page for steps to take.

- Are you aware of any big stressors in your child's life?
- Have there been any recent frightening or life-threatening situations?
- Has there been any significant change in family, like death or divorce?
- Has your child experienced any recent losses in relationships or friendships?
- Has your child had a recent severe sports injury that prevents them from playing or performing academically?

Symptoms of a Mental Health Emergency

Mental Health Emergencies should be immediately addressed and may manifest as threats of violence or harm to themselves and others, or extreme unusual behavior including:

May Hurt Self...

- Talk of hurting self in person/online
- Researching ways to hurt self and preparing to do so (such as writing a note)
- Serious self injury
- Wishing they could go to sleep and not wake up
- Saying they want to kill themselves

May Hurt Others...

- Saying they want to kill or hurt others, in person or online
- Trying to secure weapons
- Hurting animals
- Violence towards others
- Destroying property

Unusual changes in behavior...

- Hallucinations
- Losing touch with reality
- Paranoia
- Not making sense
- Becoming paranoid
- Severe Intoxication

See other side of page for steps to take in seeking appropriate support for mental health challenges and emergencies.

**Cited Sources: NAMI, SAMHSA, NIMH, Mott's, CDC, AACAP, DHHS*



It is an emergency.

Call **911** if there is a threat/high risk of violence/harm to self/others
or
go to local Emergency Room
or
Call or text "**988**" for a 24/7 crisis hotline;
free and confidential support.

Are there signs of a mental health emergency?
(see back of sheet for symptoms)



Not quite but I need immediate crisis support.

Washtenaw County CARES Crisis Team
Call **734-544-3050**

24/7 support, can come to your home if
Washtenaw County resident, can provide
over-the-phone consultations for next steps.



But I'm concerned.

Provide support through
nonjudgemental listening, expressing
concern, and looking at what coping
tools are available.

Connect with other supports
in community.

If your child already has a therapist,
share your observations.

If you need a therapist, connect with
a pediatrician or Behavioral Health
Navigator to discuss options and
insurance coverage.

For other services and support,
contact the CARES Crisis Team.

As part of your plan and in addition to therapy
and long-term supports, you can contact
your school's counseling office to create a
collaborative plan for in-school support.

Counseling offices:
Chelsea High School: call **734-433-2243**

For Beach Middle School, South Meadows,
and North Creek, call school office and request
"**support services.**"

Contact your
pediatrician
or primary
care
provider.

Behavioral Health Navigator:
Kathy Walz, LMSW, CPC
sjmnavigator@trinity-health.org
734-680-5312