



## Kids and Mental Health

One in five children in Ontario has a mental health problem. Changes to your child's mental health may not be obvious.

Warning signs to look for:

- Mood swings and changes in eating habits.
- Headaches and sore stomach.
- Low energy and not sleeping well.
- Missing school and/or having trouble at school.
- Spending less time with friends and family.
- Wanting to be left alone.
- Feelings of anger and rage.

Remember:

- Listen to your child and trust your judgment.
- You are the best person to notice changes.
- Talk to your child's teacher, he or she may have seen some changes too.
- It's okay to ask for help and talk to your family doctor.

For more information on kids and mental health please visit [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca) , [www.cheo.on.ca/en/cheomentalhealth](http://www.cheo.on.ca/en/cheomentalhealth), or Ottawa Public Health at 613 580-6744, [www.ottawa.ca/health](http://www.ottawa.ca/health).