

Is This More Than “Just a Phase?”

A simple guide to help you notice changes in your child's feelings and behavior.



FEELINGS



- ☐ Feels sad or hopeless a lot
- ☐ Crying more than usual
- ☐ Worries more than usual
- ☐ Easily angry or irritated
- ☐ Feels worthless or guilty
- ☐ Feeling unsure about themselves

SLEEP & BODY



- ☐ Sleeping much more or less
- ☐ Hard time falling asleep
- ☐ Bad dreams
- ☐ Very tired
- ☐ Changes in appetite
- ☐ Headaches or stomachaches often

AT SCHOOL & WITH OTHERS



- ☐ Doesn't want to be with friends
- ☐ Stays away from family
- ☐ Grades going down
- ☐ Missing school
- ☐ Not interested in things they used to enjoy
- ☐ Hard time paying attention

BEHAVIORS TO WATCH



- ☐ Using alcohol or drugs
- ☐ Very moody or angry outbursts
- ☐ Hurting themselves
- ☐ Talking about death
- ☐ Giving away important things



WHEN SHOULD I GET HELP?

Talk to your child's doctor or a **counselor** if you notice:

- These signs last more than 2 weeks
- These signs make it hard for your child to do everyday things
- You are worried, even if you are not sure why



GET HELP RIGHT AWAY

If your child:

- Talks about suicide 
- Has a plan to hurt themselves 
- Has hurt themselves 
- Seems unable to keep themselves safe 



Call 988 or go to your nearest emergency room right away.

REMEMBER



You know your child best.



If something feels different, trust your instincts.



Early support can help a lot.



You don't have to wait for a crisis to get help.



You are not alone.

Asking for help shows you care.
We are here to support your family. 

SupportingAdolescentMinds.org

Resources and support for parents and caregivers.

