PHP
Parenting Healthy Preteens

Signs That Preteens May Need Extra Mental Health Support

- Noticeable changes in sleep, weight, eating habits or other everyday patterns
- Losing interest in or quitting doing things they usually enjoy
- Withdrawing from friends, family or others
- Beginning to do poorly or failing in school if they were doing well before
- Not being able to think clearly, remember things and/or concentrate
- Worrying a lot or having thoughts that they cannot control
- Being more irritable or restless than usual
- Feeling sad, hopeless, or worthless and not being able to stop feeling that way
- Problems getting along with others
- Aches and pains that will not go away
- Consistent threatening, aggressive or destructive behavior
- Self-harming behaviors
- Smoking, vaping or using other drugs or alcohol