

Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems.

### Common childhood mental disorders

- Attention Deficit Hyperactivity Disorder
- Anxiety
- Behavior disorders

### Common Symptoms

Difficulties with how a child plays, learns, speaks, and acts and how the child handles their emotions.

### Who is affected?

Boys and girls of all ages and ethnic/racial backgrounds.

### What you can do?

**Parents:** You know your child best. Talk to your child's healthcare professional if you have concerns about the way your child behaves at home, in school, or with friends.

**Youth:** It is just as important to take care of your mental health as it is to take care of your physical health. If you are angry, worried or sad, don't be afraid to talk about your feelings and reach out to a trusted friend or adult.

