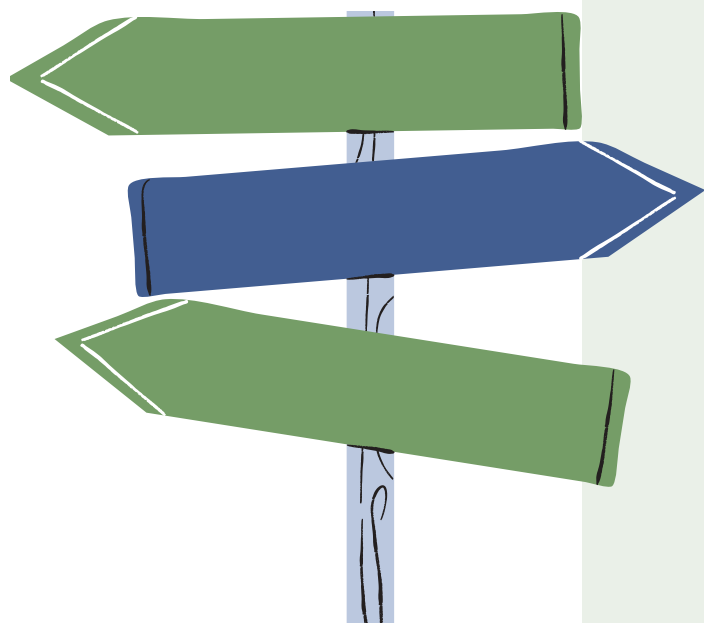
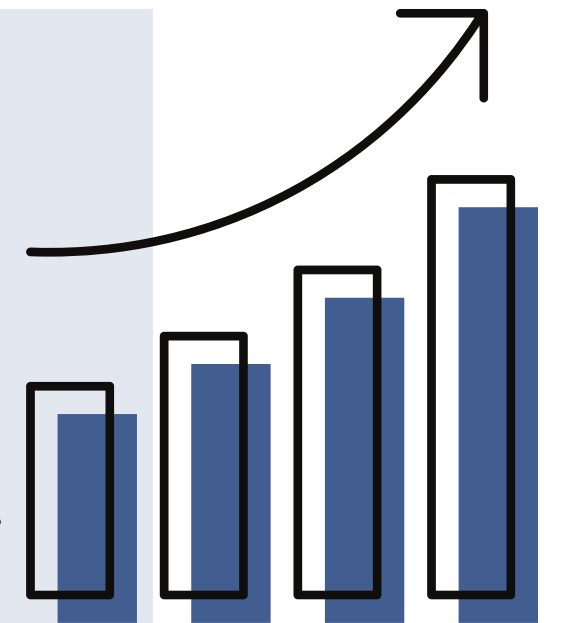


Supporting Children with Mental Health Concerns

Prevalence of Child Mental Health Struggles

There is currently a 'mental health crisis' among children. It is estimated that 1 out of 5 (13-20%) children living in the United States experience 2 mental health disorders in a given year (National Research Council and Institute of Medicine, n.d.).

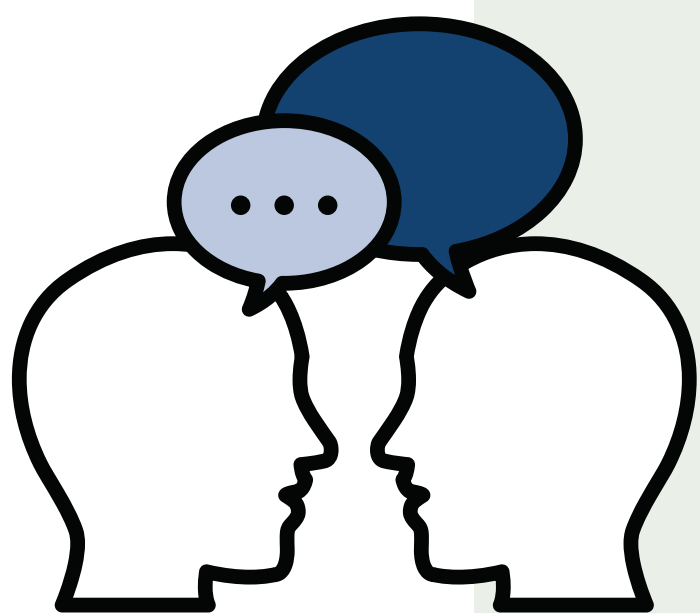


Spot the Warning Signs in Children

- Drastic changes in mood, behavior and personality
- Aggravation
- Depressed/Withdrawn
- Difficulty sleeping
- Hyperarousal
- Poor performance in school
- Change in eating habits

Help Children Identify and Express Emotions

- Teach children how to talk about their feelings
- Brainstorm how to deal with emotions together, and discuss solutions
- Praise children when they do talk about their feelings. This shows that 'it is okay' to do so



Maintain an Open Environment

- Listen attentively - show that it is okay to come to you
- Remain calm when hearing about the child's emotions
- Empathize with and validate the child's feelings
- Provide honest, thoughtful and brief responses to the child

Encourage Healthy Activities

- Encourage consistent bedtimes, healthy eating and exercise
- Encourage the child to practice gratitude and positive self-talk
- Normalize seeking help



You are Not Alone

What You Can Do:

Parents: You know your child; talk to their health care provider if you have concerns about their behavior at home, in school or in social settings.

Health Care Professionals: Early intervention is very important. There are resources available to help treat children's mental disorders.

Teachers/School Administrators: Early identification is important to help the child. Work with families and professionals if you have concerns about a child's mental health.

Resources

Say Yes Buffalo

Say Yes to Education - Buffalo (sayyesbuffalo.org)
(716) 247-5310

Child and Family Services Clinic

Family Support Services - Child & Family Services (cfsbny.org)
(716) 842-2750

Spectrum CARES Team

Crisis Emergency Services (C.A.R.E.S.) • Spectrum Health (shswny.org)
716-882-4357

The Erie County Department of Mental Health Family Voices Network (FVN) / Single Point of Access (SPOA)

Single Point of Access (Children SPOA) - Children's Intensive Services | Mental Health (erie.gov)
(716) 858-1546 or (716) 858-1531

Mentoring Programs:

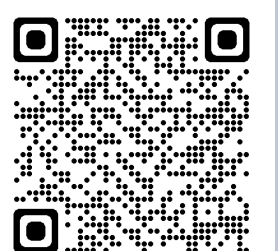
Compeer of Greater Buffalo

Compeer Buffalo (compeerbuffalo.org)
(716) 883-3331

Boys and Girls Club of Buffalo

Boys Girls Clubs Of Buffalo (bgcbuffalo.org)
716-825-1016

EAP is here to help you develop a plan to support your mental health.



Contact Us Directly! Call 716-681-4300 Visit eap.cfsbny.org