



We Believe ...

Mental health lies on a continuum and includes our emotional, psychological, and social well-being. Important at every stage of life, mental health affects the way a person thinks, feels, relates to others, and behaves. Just like physical health, mental health can and does shift, change, or evolve throughout life.

If your child shows signs of concern and you are asking yourself, "is this normal?" check the following:

Intensity

How intense are the behaviors?

Frequency

How often does the behavior occur?

If the behavior happens once, it's not as concerning if it is happening often.

Duration

How long does the behavior last?

If a behavior is frequently occurring over a two-week period, you should contact a mental health professional for a consultation. Journaling the experiences as they occur will also help you work with a professional more concretely.



SILVER HILL HOSPITAL
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Information developed in partnership with Silver Hill Hospital

Understanding and Supporting Youth Mental Health



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