

# What to look out for...

At times it can be hard to notice if your child is struggling with their mental health and wellbeing, you might notice some of the following signs, you might see something different, or you might not notice anything at all...

It is important to remember we all act in different ways when we're going through a tough time.

Some of the ways they might act differently...	Some of the physical changes you might notice...
<ul style="list-style-type: none"><li>Seeming distant</li><li>Seeming not themselves</li><li>Not meeting up with friends</li><li>Not wanting to see family</li><li>Spending more time alone</li><li>Not chatting, smiling or laughing as much</li><li>Being less confident</li><li>Losing interest in activities</li><li>Crying, shouting or feeling angry</li><li>Feeling nervous or 'on edge' a lot of the time</li><li>Seeming restless or indecisive</li><li>Smoking, drinking, or using drugs when they didn't before</li></ul>	<ul style="list-style-type: none"><li>Taking less pride in their own appearance</li><li>Eating too much/ too little</li><li>Having panic attacks</li><li>Finding it hard to concentrate</li><li>Looking tired</li><li>Having trouble sleeping or sleeping more than usual</li><li>Repetitive behaviour, like tapping or checking things</li><li>Having thoughts about suicide or self-harming</li><li>Actual self-harm, for example, cutting their skin or taking an overdose</li></ul>

Remember, everyone feels low, angry or anxious at times, but you know your child better than anyone so, if you are worried and you think there has been a significant, lasting change in their behaviour, it is important to have a conversation and help them to seek the right support. Please see the other information tabs.

