When Things Aren’t OK With a Child’s Mental Health

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As the school year starts, experts encourage parents to pay close attention to their kids’ mental health. Children may experience increased anxiety and depression during the pandemic, and school may bring added stress for some. Experts suggest parents talk with kids about how they are feeling and be mindful of how their own stress may affect them. Children who were struggling with their mental health before the pandemic may now need extra support. If parents are concerned about their child, a pediatrician may be able to connect them with a mental health provider. Above all, parents should foster a warm and loving environment, said Nadine Kaslow, a professor of psychiatry at Emory School of Medicine. “When children feel connected, they’re going to learn better, do better, stay on track,” she said.

Spark Extra! Find suicide prevention resources for parents, guardians, and families.

Links within this resource