

# SIGNS YOUR CHILD MIGHT NEED MENTAL HEALTH SUPPORT

Children, like adults, can experience mental health challenges, but recognizing the signs can be difficult. Here are indicators that your child may benefit from professional mental health support:

## Persistent Emotional Distress

Feeling overwhelmed, anxious, or sad for extended periods, beyond normal stress or occasional down days.



## Difficulty Managing Daily Life

Struggling to focus, complete tasks, or maintain routines at work, school, or home.



## Changes in Sleep or Appetite

Experiencing significant disruptions in sleeping patterns or eating habits, such as insomnia or overeating.



## Withdrawal from Social Interactions

Avoiding friends, family, or social situations you once enjoyed, or feeling isolated even when surrounded by others.



At In2Great!, we provide specialized mental health support for children with Autism, ADHD/ADD, sensory processing disorder, anxiety, developmental delays, and more.

For trusted [mental health services in northwest suburbs of Chicago](#), we're here to help your child thrive.

