

# When and How to Seek Care for Your Child's Mental Health

## Addressing concerns and taking action for your child's well-being

As parents, knowing when and how to seek mental health support can be challenging. Taking the first step can significantly impact your child's well-being. Here are some common concerns and how to address them:

**"Is this just a phase?"** If issues persist for 2-3 weeks, seek professional support to prevent future challenges.

### Consider

- How long has this been going on?
- How is this impacting your child's life?

**"I don't want my child to feel different."**

Mental health support is vital. Normalizing therapy reduces stigma and supports growth.

### Remember

- Seeking help is a sign of strength.
- Open talk helps your child feel supported.

**"What if my child doesn't want to go?"**

Start by understanding your child's concerns. Guide gently and validate their feelings.

### Ask your child

- What concerns do you have?
- What would make you feel comfortable?



**"How do I know if this is right?"**

Therapy can teach coping strategies and provide a safe space for learning new life skills.

### Ask yourself

- What are the potential benefits?
- How might it help long-term?

**"I'm worried about the time."**

Even an initial consultation can offer clarity. Many offer flexible options like virtual therapy.

### Discuss

- How can we make this manageable?
- How can we prioritize emotional health?



**Taking the First Step** Your pediatrician or school resource can help. This will show your child their mental health matters.

### Get Started

- Ask your pediatrician for recommendations.
- Explore online therapy options.

**Encouraging Positive Change** Seeking help is proactive. The goal is to give your child tools to thrive. If you're unsure, reach out to Blackbird Health. Your child's well-being is worth the effort.

