



Tips for a Healthy Family Mental Health and Success in School

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Mental health is a key component in a child's development. Children need to be healthy in order for them to learn. Those with mental health challenges often experience difficulties in school. Recognizing the state of a child's mental health in the classroom matters because children need to be healthy in order for them to learn.

Mental health problems are common and treatable. Identification in the early school years is important because intervention works!

Children with mental health challenges often need different types of supports in school for them to be successful. These supports range from specialized instruction to frequent breaks to de-stress. How can you recognize if your child is having mental health problems? [SAMHSA's National Mental Health Information Center](#) has a check list for parents which include signs like:

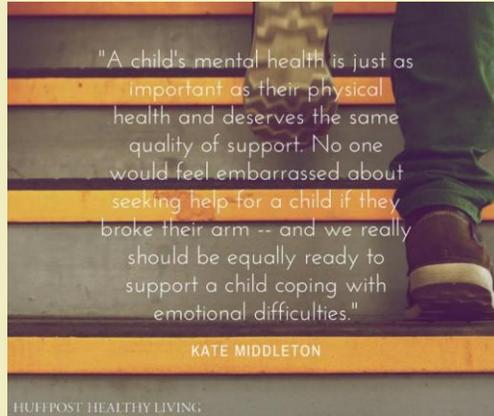
- Does your child seem sad, tired, or out of sorts?
- Do they cry frequently?
- Do they have sudden eating changes?

Mental Health America has a [checklist](#) for parents to assess their child. [Mental Health America](#) also has short little videos and comics for both students and parents to help them cope with day to day things.

[National Association of School Psychologists](#) provides tips for parents and educators in supporting children's mental health.

Positive mental health leads to improved social and emotional development that can aid in academic success. Schools can play an important role in mental health and well-being of their students. The state of Illinois recently

passed [legislation](#) to require social and emotional screenings for children as part of school entry examinations. This effort is focused on removing the stigma of mental illness and reducing teen suicide by identifying needs and providing early intervention.



NEVER GIVE UP ON
SOMEONE WITH A
MENTAL ILLNESS.
WHEN "I" IS REPLACED
BY "WE", ILLNESS
BECOMES WELLNESS.

-SHANNON L. ALDER



For more information, check out our website at <http://www.uwyo.edu/wind/f2f> or follow us on Twitter [@WYF2F](#).

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