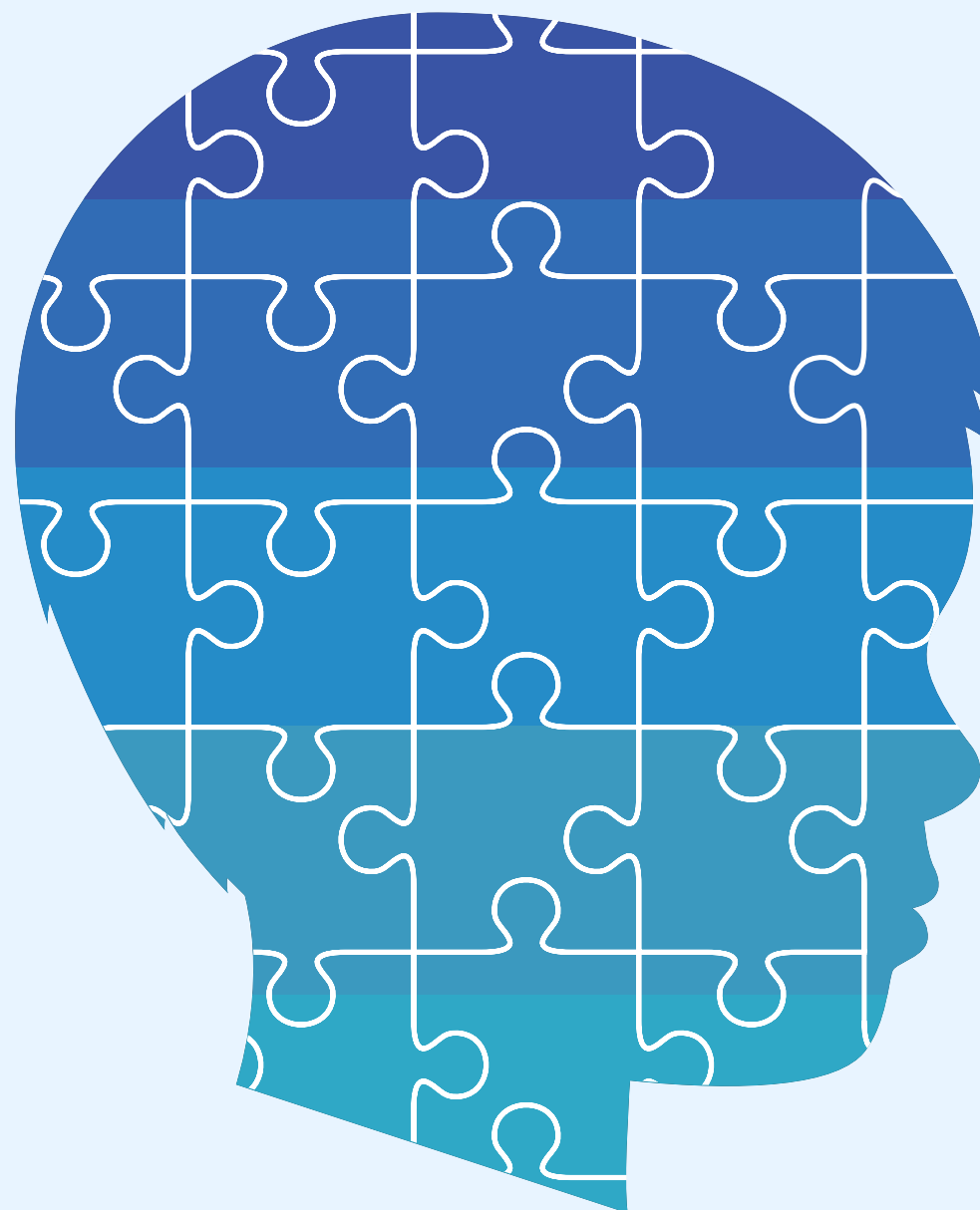


# Mental Illness in Children

The National Institute of Mental Health says young children may benefit from evaluation and treatment if they display certain behaviors<sup>1</sup>. Below are some of the warning signs of mental illness in children.

- Constant movement and difficulty sitting quietly (except when watching videos or playing video games).

- Difficulty making friends or disinterest in playing with other children.



- Stomach pain or headaches with no known medical cause.

- Sleeping too much or too little, complaining of frequent nightmares, or seeming sleepy during the day.

- Frequent tantrums or extreme irritability.

<sup>1</sup>“Child and Adolescent Mental Health,” National Institute of Mental Health, <https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>.