The National Institute of Mental Health says young children may benefit from evaluation and treatment if they display certain behaviors. 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).
- Stomach pain or headaches with no known medical cause.
- Difficulty making friends or disinterest in playing with other children.
- Sleeping too much or too little, complaining of frequent nightmares, or seeming sleepy during the day.
- Frequent tantrums or extreme irritability.