

## MENTAL HEALTH MEMO: NOTICING MENTAL HEALTH CONCERNS FOR YOUR CHILD

Individuals and families have experienced the COVID-19 pandemic in unique and varied ways. For some, significant changes to daily routines, a sense of isolation and loss, and various other factors may have led to new or increased mental health concerns. Emotional and behavioural difficulties can arise at any time and can affect anyone.

Whether your young person has returned to school in-person or remotely, it is important to consider signs that could indicate that your child/youth is struggling with an emerging or escalating mental health problem.

You know your child/youth best and can notice changes in their behaviours and emotions. Right now, however, it can be difficult to know whether things you observe are just normal ups and downs associated with the pandemic, part of return to school jitters, or related to an emerging mental health concern.

Parents and adults may notice changes in behaviours and emotions that could be potential signs of a mental health problem. Ask yourself:

- Are these behaviours and emotions out of character for my child/youth?
- Are they having a negative impact on their ability to enjoy everyday life?
- Are they having a negative impact on our family life?
- Are they getting in the way of their progress at school?
- Are these concerning behaviours happening more often?
- Are they more intense?
- Are they lasting longer?

Please click on the link to see the Info Sheet for Parents and Families from School Mental Health Ontario:

<https://smho-smso.ca/wp-content/uploads/2020/08/Info-sheet-noticing-concerns.pdf>

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)

