

# Signs of Mental Health Concerns

Your child's mental health is just as important as their physical health. Anxiety, depression, or stress can happen to anyone. Knowing the signs can help you talk to your child and decide if they need help.

## Irritability and Moodiness



## Trouble Sleeping, Tiredness and Low Energy



## Worry That Won't Go Away



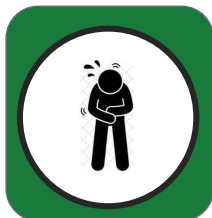
## Changes in Appetite and/or Weight



## Trouble Concentrating



## Frequent Stomachaches and Headaches



## Loss of Interest in Favorite Activities



## RESOURCES



**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)



**Suicide Awareness and Education Webpage**  
Visit [IowaTotalCare.com](http://IowaTotalCare.com) → Member Resources → Suicide Awareness & Education.

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