Shaare Emeth Mental Health Initiative (SEMHI)

SIGNS THAT A CHILD OR ADOLESCENT MAY NEED A MENTAL HEALTH EVALUATION OR THERAPY

- Changes in emotions lasting several days (e.g., seems very irritable, sad, worried, etc.)
- Changes in behaviors or behavioral problems requiring school discipline/consequences
- Social withdrawal – does not want to be with or communicate with friends or family
- Avoidance of social activity, schoolwork, or other obligations
- Unexpected decline in grades
- Extreme mood swings or personality changes (e.g. sudden aggressiveness)
- Loss of self-esteem, feeling negative or hopeless often
- Difficulty controlling worry or managing stress
- Changes in eating patterns, poor appetite, eating a lot more than usual, weight loss/gain
- Sleeping much more or less than usual, trouble falling or staying asleep
- Complaints of physical symptoms without a medical cause (e.g., headaches)
- Tired all the time, low energy, becoming tired easily
- Does not seem to enjoy activities or things that the person typically enjoys
- Talk of suicide, not wanting to be alive, self-harm behavior
- Self-medicating with drugs or alcohol
- Reassurance seeking (Are we going to be ok? Is grandma going to be ok?)
- Reluctance to separate from parents
- Frequent tantrums or meltdowns
- Lack of energy or motivation
- Confused thinking or problems with learning

*NOTE: Just because these some of these behaviors, emotions, or symptoms may be present it does not mean there is a mental health condition but it may indicate the need to seek professional help.

The mission of the Shaare Emeth Mental Health Initiative is to destigmatize mental illness and to provide education and community support for the mental health and well-being of children, teens, adults, and those who care for them.