

# When to Seek Professional Support

*It may be time to seek professional help if you observe the following “red flags”:*



## **Social Emotional:**

Frequent mood changes and very heightened emotions, difficulties with emotional regulation and impulse control, emotional numbness, isolation and detachment, substance abuse



## **Physical:**

Increased somatic complaints (e.g. headaches, stomach aches); increased agitation/restlessness; withdrawal from other people and activities; evidence of self-injury; significant changes in sleep or diet



## **Cognitive:**

Ruminating, frequent worry, appearing “spaced out;” negative thoughts about self, future, and world; suicidal ideation, hopelessness



## **Academic:**

Frequent absences, school refusal, changes in academic performance, difficulties concentrating, challenges with authority

*\*All parents/caregivers might note some of these “red flags” in their children occasionally. You should seek professional guidance when multiple symptoms present together over an extended period of time and are impacting the child’s ability to function.*

*\*\*It is also important to seek professional support if you have concerns about your child’s immediate safety or well-being*

## Helpful Resources

<https://interface.williamjames.edu/>

<https://www.psychologytoday.com/us/therapists>

<https://www.advocates.org/services/psychiatric-emergency-services>

<https://www.riversidecc.org/adult-services/mental-health/emergency-services/>

<https://www.mcleanhospital.org/child-and-adolescent-mental-health>

<https://www.mass.gov/orgs/dmh-child-youth-and-family-services>

<https://www.nami.org/Your-Journey/Teens-Young-Adults>