

SIGNS TO LOOK OUT FOR BY AGE

Infants and toddlers

- Doesn't want to be held
- Can't be comforted when upset
- Doesn't interact with others
- Cries persistently and/or unremittingly
- Loss or regression of skills

Pre-school (3-5)

- Developmental delays or regressions such as with speaking or potty training
- Emotional changes, such as more frequent tantrums
- Difficulty communicating or interacting with others
- Sleeps more frequently, or is unable to stay awake

Child (6-12)

- Intense emotions such as anger outbursts, extreme fears or mood swings
- Hits or bullies other children
- Difficulty concentrating and communicating with others
- Shifts in attitude toward school and/or struggles academically

Teenager (13-18)

- Consistently moody at home
- Difficulty concentrating
- Worries excessively
- Disordered thinking about weight, unsafe eating and/or dieting habits
- Experiences shifts in attitude toward school, community or friends, and/or struggles academically
- Engages in or discusses self-harm or destructive behavior