

**WARNING SIGNS OF
MENTAL ILLNESS IN
YOUNG CHILDREN**

- ◆ Severe separation anxiety
- ◆ Significant decline in school performance
- ◆ Frequent aggression, acting out or tantrums
- ◆ Excessive worry or anxiety
- ◆ Hyperactivity
- ◆ Sleep problems or persistent nightmares
- ◆ Persistent disobedience or aggression
- ◆ Withdrawal from activities, family or friends
- ◆ Refusing to go to school

Adapted from: *Living with Mental Illness: A Guide for Family and Friends*. Halifax, NS: Capital District Health Authority; 2008

Canadian Collaborative Mental Health Initiative. *Working together towards recovery: Consumers, families, caregivers and providers*. Mississauga, ON: Canadian Collaborative Mental Health Initiative; February 2006. Available at: <http://www.ccmhi.ca>