

# Could your child benefit from mental health help?



## Mental Health Matters

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Children and teens can be sad, anxious, angry and irritable at times. In many cases, challenging behaviors and emotions are an expected part of growing up.

Still, mental health disorders can happen to people of all ages, and some behaviors in children and teens may signal a more serious problem. What's just a stage, and what's cause for concern? These signs can help you know when your child or teen may benefit from a health care provider's attention.

### What to watch for in young children

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#### Children may:

- Have frequent tantrums or be intensely irritable much of the time.
- Talk frequently about fears or worries.
- Complain of headaches or stomachaches with no known medical cause.
- Be unable to sit quietly except when watching TV or playing video games.
- Struggle academically or have a recent decline in grades.
- Repeat actions or often check things out of fear bad things will happen.

### What to watch for in tweens and teens

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#### Older kids may:

- Show less interest in activities or interests they once enjoyed.
- Have low energy.
- Sleep too much or too little.
- Diet or exercise excessively or fear weight gain.
- Engage in self-harming behavior, such as cutting or burning their skin.
- Smoke, drink or use drugs.
- Engage in risky behavior alone or with friends.
- Have thoughts of suicide.
- Say they hear things others can't hear.

Mental health is an important part of your child's overall well-being. Seek help if your child's or teen's behavior lasts for a few weeks or longer. And seek help if the behavior is distressing for your child or your family or interferes with your child's ability to function at school, with friends or at home. If your child's behavior isn't safe, or if your child talks about hurting himself or herself or someone else, get help immediately.

# Mental Health Resources

We want your feedback.  
Take our quick survey!



## Ask For Help If You Need It

If your child needs help maintaining or improving their well-being, you can talk with their primary care provider. They can provide reassurance or help you get in touch with a specialist. If you are in crisis and need to talk with someone right away, you can call or text 988 (the national Suicide & Crisis Lifeline) to connect with a trained counselor.

### Contra Costa Health Mental Health Services

Get care now for mental health and substance use. Anyone can call for themselves or someone they care about.

**Contra Costa Health ACCESS Line** (24-hours):  
Call **1-888-678-7277**

Get behavioral health crisis support or a referral for behavioral health services.

Contra Costa County  
**A3 Crisis Response** (24-hours):  
Call **1-844-844-5544**

**Contra Costa Crisis Center** (24-hours):  
Call **211** or **988**  
Text 'HOPE' to **20121**

Free and confidential.



### Health Education



Get access to health tips, self-management tools, and more information on mental health by visiting [healthed.cchealth.org](https://healthed.cchealth.org) or scanning the QR code.

### Helpful Mental Health Resources

#### National Alliance on Mental Illness (NAMI)

Website: [nami.org](https://nami.org)

#### NAMI Contra Costa County

Website: [namicontracosta.org](https://namicontracosta.org)

#### Mental Health Connections, Concord

Website: [mentalhealthconnectionsca.org](https://mentalhealthconnectionsca.org)

#### Mental Health for All, California

Website: [mentalhealth.ca.gov](https://mentalhealth.ca.gov)

#### National Suicide & Crisis Lifeline

Website: [988lifeline.org](https://988lifeline.org)

### Behavioral Health Virtual Services

Online behavioral (mental) health platforms are available to you and your family at no cost.

- **BrightLife Kids** is made for caregivers and kids from 0 to age 12.
- **Soluna** is made for teens and young adults ages 13 to 25.

You can find it online at [hellobrightline.com](https://hellobrightline.com) or [solunaapp.com](https://solunaapp.com). You can also get it in the Apple App Store or Google Play.