



**Key takeaways from our webinar featuring guest speaker
Marcus Cherry, Ph.D**

When and How to Seek Mental Health Support for your Child or Teen

- Children are resilient and respond to nurturance and guidance
- Struggles with big feelings (sadness, moodiness, anger, nervousness), school, or social challenges are expected as kids grow up and can be opportunities for your child to develop new skills for a later time in their ever-changing lives
- When challenging behaviors or strong emotions arise in your child or teen, ask yourself:
 - What is the nature of the inciting problem?
 - Is this reaction developmentally appropriate for my child's age?
 - Are the behaviors and emotions in proportion to the problem?
- Remember: you as the family or caregiver know your child best and you want what is best for your child. But - you are not alone! When you have worries or concerns:
 - Talk with other supportive adults that are involved in your child's life - including teachers and school counselors
 - Or, consult with your pediatrician or primary care provider

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About Cartwheel:

We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid.

To learn more about if Cartwheel's services are a good fit for your child or family, please contact a member of your school's counseling or guidance team.

Are certain behaviors or emotions developmentally appropriate or possibly the sign of a problem?

Key factors that can guide you in seeking mental health support for your child or teen:

Frequency

- How often are the feelings and behaviors occurring?

Duration

- How long are the feelings or behaviors lasting?

Intensity

- What is the strength of the feelings or behaviors?

Interference

- Are the behaviors or feelings interfering with the child's, family's day-to-day functioning?
- Have you noticed any regressions or marked declines in academic or social functioning?

If you are experiencing a mental health emergency, get immediate 24/7 crisis support by calling or texting 988