

Signs of poor mental health

There are often warning signs which indicate a child or young person is experiencing mental health or emotional well-being issues. While not exhaustive, the list below details possible warning signs as follows:

- Unusual play (in playground)
- Unusual drawings (in class)
- Tendency to isolate themselves
- Compulsive lying
- Attention seeking
- Pulling hair out (self-harm)
- Hurting other children
- No empathy
- Anxiety
- Hiding inside clothes (making self invisible)
- Loud and disruptive
- Hiding lunch
- Over/under eating
- Soiling



High Risk Factors

- Families with complex needs
- Parental substance misuse
- Poor parental mental health
- Parents with learning difficulties
- Children / siblings with disabilities / chronic illness
- Family violence or disharmony
- Criminality in family
- Long-term parental unemployment
- Absence of parent in childhood
- Having a teenage mother or single parent
- Deviant peer group
- Changing schools frequently
- Physical, sexual or emotional abuse

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