



Weill Cornell Medicine

Recognizing Kids' Mental Health Struggles



Even young children can have issues with mental health, and many struggle with multiple disorders at once.

Learn how to spot the signs.

1 in 5



1 in 5 kids ages 3–17 has a **behavioral, developmental or mental health disorder.****

1 in 6



1 in 6 kids between 2 and 8 with **behavioral, developmental or mental disorders, also have one or more of those disorders.***

Most common conditions



ADHD, anxiety, behavior disorders and depression are the most commonly diagnosed mental conditions children experience.*

1 in 3



1 in 3 children living with anxiety **also struggle with depression.***

Sources: *CDC, **Agency for Healthcare Research and Quality

Diagnosing younger children can be harder than diagnosing teens.

Symptoms of mental health concerns in early childhood can include:

- Attention problems
- Changes in sleep, weight or eating habits
- Defiant or aggressive behavior
- Difficulty controlling emotions



- Excessive talk about worries or fears
- Frequent headaches or stomachaches with no known physical cause
- Frequent tantrums or irritability
- Loss of interest in things they used to enjoy
- Nightmares or other sleep disturbances
- Poor school performance
- Restlessness or trouble relaxing

Talking to your kids about their mental health is important.

Let them know that **it's OK to not feel OK.**

Let them know their condition is **not their fault.**

Validate their experiences.

Don't hesitate to **reach out for professional care** if it feels appropriate to do so.



Worried about your child's mental health? Find a provider: weillcornell.org/doctors



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