



Signs that something is wrong

Around 1 in 8 children and young people experience behavioural or emotional problems growing up. For some, these will resolve with time, while others will need professional support.

It can be difficult to know if there is something upsetting a child or young person, but there are ways to spot when something's wrong. Look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves

Remember, everyone feels low, angry or anxious at times. But when these changes last for a long time or are significantly affecting them, it might be time to get professional help.

You know your child better than anyone so, if you're worried, first think if there has been a significant, lasting change in their behaviour.

This could be at home, school or college; with others or on their own; or in relation to specific events or changes in their life.

If you're concerned or unsure, there is lots of support out there, including professional help in the support section of this page.

MindEd for Families also has information explaining some common behavioural problems in different age groups.