

# The earlier children get help, the brighter their future will be.

When children experience mental health struggles, it can affect their relationships at home and school, how they learn and more. That's why it's so important to address their challenges right away and get them help, rather than just hoping they'll grow out of it.

In fact, acknowledging a child may have an issue is the best thing you can do. Because with the right support, children can grow up mentally healthy and happy. Your Life Iowa can help you help the kids in your life.

**GET FREE,  
CONFIDENTIAL  
SUPPORT. 24/7.**

**TREAT CHILDREN'S  
MENTAL HEALTH EARLY.  
WATCH THEM THRIVE.**

**CALL: (855) 581-8111**

**TEXT: (855) 895-8398**

**YOURLIFEIOWA.ORG**



# Let's put children's mental health first.





**YOUR LIFE IOWA IS HERE FOR YOU AND YOUR FAMILY. 24/7.**

## Is it a phase or potential problem?

Acting out and having trouble handling emotions can be a normal part of childhood. But when does this signal something more? It can be hard knowing if your child's actions are just a phase or a sign they may be experiencing a mental health disorder.

With Your Life Iowa by your side, you don't have to figure it out alone. We can help you understand what your child may be facing.



## Know the warning signs.

There are many different signs a child may be experiencing a mental health disorder. Some of those signs include:

- Long-lasting sadness
- Outbursts or extreme irritability
- Out-of-control behavior
- Withdrawing from social activities
- Dramatic changes in sleeping or eating
- Excessive fear, worry or anxiety
- Changes in friends
- Changes in how they are doing at school

Symptoms often start in early childhood, although some disorders may develop during the teenage years. Having just one or two of these signs may not necessarily mean there's a problem, but it's always best to make sure. Your Life Iowa can guide you through this challenge and connect you to resources that can help.

## Yes, mental health disorders can be treated.

The longer a child experiencing a mental health disorder goes unchecked, the greater the chances their problems will follow them into adulthood. Fortunately, there are many different options when it comes to support and treatment for children's mental health.

Support and treatment aren't one size fits all. By working with professionals trained in children's mental health, you can be confident you're making the best decision for your child and family.

## Your Life Iowa can help.

It can be overwhelming when a child you love is acting out or experiencing emotions out of their control. You may feel helpless and alone and may not know where to turn. That's why Your Life Iowa exists. To be there for you, your child and your family, no matter what challenge you may be facing.

**Together, we can help you determine next steps to support your child's mental health.**

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