

# 5 signs your child might need a therapist

Figuring out whether your child needs extra mental health support can be a challenge, and in short: There's no right answer. Therapy helps kids of all ages with challenges big & small, with or without a clinical diagnosis at play. Here are a few warning signs to keep in mind as you consider their mental health needs:

1

## YOUR CHILD IS ACTING OUT MORE OFTEN

Whether you're dealing with constant tantrums or your kid just won't listen, acting out can be developmentally appropriate — but increased severity and frequency might be a warning something bigger is going on.

2

## EVERYDAY ROUTINES ARE BEING DISRUPTED

Is bedtime suddenly impossible? Is your kid struggling to complete their homework? If their behavior is impairing their ability to function, you might want to enlist a therapist's help.

3

## YOUR KID STRUGGLES TO ENJOY THEMSELVES

Part of coping with stress is doing things you like to do. One symptom of anxiety or depression is losing interest in those things or being too upset to do them.

4

## THEIR EMOTIONS ARE A ROLLERCOASTER

Kids with anxiety or depression might also struggle with emotional regulation — look for mood swings that feel out of proportion to the situation.

5

## \*YOU\* NEED EXTRA SUPPORT

If you're stressed about your child's mental health, you're not alone. It's okay if you need help! Expert input & encouragement from a therapist can help you navigate this challenge as a family.

Support your family's mental health with Brightline:



**Fast access to personalized support** — schedule video visits within days



**Evidence-based care from experts** with years of experience working with kids



**Track your family's progress** on our one-stop digital platform

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