

We're Here to Help!

Signs & Symptoms

Does your child struggle with, or have you seen a recent change in behavior, in any of the below areas?

- Problems listening or behaving
- Trouble sitting still/constant fidgeting
- Disobedience or oppositional behaviors
- Frequent temper tantrums
- Drop in school grades/decline in school performance
- Changes in eating and sleep patterns
- Expression of strange thoughts, beliefs, or feelings
- Having a hard time in situations that used to be okay
- Talks about harming self or others



Let someone help you. We all deserve to be happy and healthy.

Good health includes physical, emotional, and mental well-being; however, sometimes we face difficulties or challenging situations in our lives.

You know your child better than anyone.
If you are concerned about your child and you think there may be a problem, please seek help!

Remember, *We are Here to Help!* You do not have to do it alone!

Please call us at **1-800-242-5101** to learn more about services at Seasons and services offered by other community helping agencies.

