

Your Child's Healthy Body Needs a Healthy Mind

WHEN KIDS FEEL GOOD MENTALLY, THEY THRIVE PHYSICALLY TOO

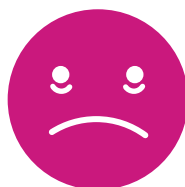
Kids can struggle with stress, anxiety, or depression - just like adults. It's important to talk with your child about how they're feeling and watch for changes in mood or behavior. If you're concerned, don't wait. Reach out to their doctor. Health Net is here with tools and support to help you care for your child's whole health.

Look for these clues:

Irritability and
Moodiness



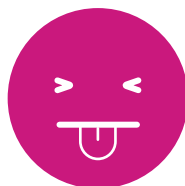
Trouble
Sleeping,
Tiredness and
Low Energy



Worry That
Won't Go
Away



Changes in
Appetite
and/or Weight



Trouble
Concentrating



Frequent
Stomachaches
and
Headaches



Loss of
Interest in
Favorite
Activities



Call 800-663-9355 (TTY:711)
to find a mental health
specialist for your child or
for you. You can also call to
simply ask questions.

[Learn more about our services.](#)

If you or someone you know
is in crisis, please contact the

**988 Suicide and
Crisis Lifeline**

• Call or text 988
• Chat at 988lifeline.org



If you or a family member is in a
mental health crisis situation or
feeling suicidal, call 988 or go
to the nearest ER. The 988 crisis
line has 24/7 access to trained
counselors to help members
experiencing mental health-
related distress or thoughts
of suicide. If you or a family
member is in need of immediate
medical assistance, call 911 or
go the nearest ER.