MENTAL HEALTH and Learning Disabilities

KIDS WHO HAVE LEARNING DISABILITIES HAVE A HIGHER RISK OF DEVELOPING MENTAL HEALTH ISSUES.

TOP 4 mental health issues in children and teens:
» Anxiety
» Depression
» ADHD
» Oppositional Defiance Disorder

STATISTICS
Nearly 1 in 5 (20 percent) U.S. children are diagnosed with a mental disorder.

Students with access to well-trained mental health providers in their school are ten times more likely to seek support than peers in schools lacking these personnel.

Low self-esteem is a frequent by-product of learning disabilities.

WARNING SIGNS
» Acting different than usual.
» Seems to be excessively withdrawn and depressed.
» Complains of episodes of extreme, almost uncontrollable, anxiety.
» Becomes aggressive, rude, and abusive over minor incidents.
» A change in the person’s habits such as eating, sleeping, or grooming.

ADHD, BEHAVIOR PROBLEMS, ANXIETY, AND DEPRESSION ARE THE MOST COMMONLY DIAGNOSED MENTAL DISORDERS IN CHILDREN.

7.1% of children aged 3-17 (approximately 4.4 million) have diagnosed anxiety.
3.2% of children aged 3-17 (approximately 4.4 million) have diagnosed depression.

RESOURCES
If you are a child or teen, talk to your parents, school counselor, or health care provider.
If you are a parent and need help starting a conversation with your child or teen about mental health, visit www.mentalhealth.gov.
If you are unsure where to go for help, ask your pediatrician or family doctor.

Go to ldaamerica.org for more information #LDAWORKSFORYOU #YOUARENOTALONE

SOURCES:
https://www.cdc.gov/childrensmentalhealth/symptoms.html
https://www.cdc.gov/childrensmentalhealth/documents/access-infographic.html
https://ldaamerica.org/congress-works-to-address-critical-school-mental-health-needs/
https://ldaamerica.org/symptoms-of-mental-health-disturbances/