

Research shows that 15 - 20% of children and youth have mental health disorders.

It can be easier to recognize and treat symptoms of physical illness, such as a fever, than identify and support a child's struggle with mental health issues. Learning about mental health issues and accessing appropriate resources can help you help a child experiencing significant distress and impairing their functioning at home, at school, with peers or in the community.

Why is early diagnosis and treatment important?

Early diagnosis and treatment for a mental health disorder is essential to ensuring better long-term health of your child. By not taking this step, a child can suffer unnecessarily.

What do I do if I think my child is having mental health challenges?

- Families have a central and essential role when it comes to achieving the best possible health outcomes for their children.
- Pediatricians (available upon referral), and family physicians can be excellent resources for children and families when attempting to navigate the array of mental health services available from community to community within BC.

[Helpful Resources](#)