



Unlock Youth Potential

WITH MENTAL HEALTH KNOWLEDGE



In Iowa, 1 in 5 kids age 6-17 have or will have a serious mental illness.

(CDC, 2023)

In Iowa, 45% increase in Emergency Department visits for children ages 5-17 with a mental health crisis in 2021. (CAMHI4Kids, 2024)

1 in 5
KIDS WITH
SERIOUS MENTAL
ILLNESS

45% ↑
EMERGENCY
DEPARTMENT
VISITS FOR KIDS

Watch for These Symptoms

- Sadness that lasts two or more weeks
- Changes in being social or staying away from others
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Having outbursts or being very moody or testy
- Weight loss
- Getting headaches or stomachaches often
- Decline in school performance or attendance
- Constant worry or anxiety
- Persistent nightmares
- Persistent disobedience or aggression

When a child experiences one or more Adverse Child Experience (ACE), they are at far greater risk for developing a mental health disorder, have a shorter life expectancy and increased health problems.

Abuse

- Physical
- Emotional
- Sexual

Neglect

- Physical
- Emotional

Household Dysfunction

- Mental illness in the family
- Mother treated violently
- Divorce
- Incarcerated Relative
- Substance Abuse in the home



Early Intervention is Key

Mental health concerns are very often treatable. If you question a child's behavior or mental health, consult a professional.

A Pathway to Hope and Healing:

Catholic Charities offers a free mental health assessment for any school-age child.



Know this #
988

Suicide & Crisis Lifeline,
Call or Text 24/7



Our caring therapists are a phone call or an email away if you have questions or need support.

712.252.4547 | **info@cathchar.com**