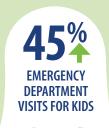


In Iowa, **1 in 5 kids** age 6-17 have or will have a serious mental illness. (CDC, 2023)

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



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.

- Physical
- Emotional
- Sexual
- Emotional

Neglect

**Physical** 

## Household Dysfunction

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

## 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

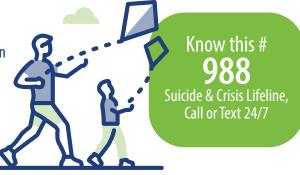
## **Early Intervention is Key**

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.





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

712.252.4547 | info@cathchar.com