

IS YOUR CHILD HAVING A TOUGH TIME?

**LOOK FOR THESE SIGNS THAT YOUR
CHILD MIGHT BE STRUGGLING:**

Withdrawing from family and
friends/activities or changing friends

Angry, fighting, being dishonest

Acting out in class or at home

Bullying others or being bullied at school

Feeling sad, worried, or lonely

Struggles with authority, both at home and school

Easily distracted, having trouble focusing



**HELP IS AVAILABLE, RIGHT
IN YOUR CHILD'S SCHOOL.**

Scan the QR Code using your smartphone
camera for more information or visit:

www.childrenfirstpa.org

***getting extra help for your child's emotional or mental health is confidential
and will not be shared with other agencies, including child protective services.*

