

Aetna – Children’s mental health support with Dr. Fernandez-Turner

Video transcript

You know I often hear the question from parents, “How do I know when it’s time that my child might need some mental health support?”

Well, there are three key things to watch out for.

First of all, notice if there’s any changes in your child’s school functioning. So, maybe their grades have changed, or they’re not as interested in the things they used to really enjoy.

Number two, there are changes in the relationships with their peers or with you and their other members of the family.

Maybe they’re a little more irritable and just not quite themselves.

Number three, you see changes in their self-esteem.

So for example, you might hear your child say things like “I’m not good at anything”; “I don’t have any friends.”

Those are things to really pay attention to especially if they last more than just a couple of days.

If that happens, set an appointment with your child's pediatrician and have a conversation specifically focused on your child’s mental health. The same way you would for strep throat or any other medical concern.