



HEY!

I'm Happy.

FROM THE DBSA MOOD CREW®!

I am so glad you and your child have made it to your appointment today. Regular physical check-ups are so important—just as important as checking up on your child's mental health.

Make your child's mental health a priority by completing a behavioral or mental health screening today.

Mental health has to do with your child's thinking, feeling, and behavior. It affects how kids manage school, relationships, and emotions. When mental health issues are recognized early, for the most part they are easier to address and can prevent problems from getting bigger.

During your visit, your doctor may ask you to fill out a mental health questionnaire for your child. (Don't worry, it doesn't take very long!) Screening for mental health conditions is another way to look at your child's overall wellbeing and ensure they have the coping skills and support they need to thrive.

See you next time,

HAPPY

DBSA Mood Crew Member

The Mood Crew has free resources and activities for parents and caregivers to help their child learn, express and cope with their emotions.

For more information on the DBSA Mood Crew, scan this code or visit DBSAAlliance.org/MCMHS



Depression and Bipolar Support Alliance

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