A Child's Mental Health is Just as Important as Their Physical Health

Mental health is part of early childhood development. A child's mental health can affect their readiness to learn, their relationships, even their success in later life. Learn about developmental screening, to see if your child's mental health is on track. If help is needed, there are many children's mental health programs in Delaware.

What to Know

Early childhood is a time of wonder. Strong social, emotional, behavioral and cognitive development is critical for lifelong success. Good mental health lays the ground work for healthy well-being now and into the future. Developmental screenings will let you know if your child is on track.

What to Do for You

There are many ways you can support children experiencing mental health difficulties. Talk with your child's doctor or a mental health professional. Have a developmental screening completed. You can also dial 2-1-1 for Help Me Grow to find out what services are available in your community.

What to Look for

Young children can have mental health challenges. Some examples include anxiety, depression, self-harm, and outbursts. Behaviors may include fits, hitting, kicking, biting, uncontrolled crying, and withdrawal. These difficulties impact behavior, feelings, learning, and relationships. Mental health challenges often cause interference at home, school, and in the community.

What to Do for Others

You take a child to the doctor for physical health problems. It's also important to get help and advice for mental health difficulties. Tell friends and family there are services for children experiencing mental health challenges. Help them find support.

In a Mental Health Crisis

For Police or Medical Emergency Call 911

For in-person evaluation at your home:
If under 18, call: 1-800- 969 HELP (4357)

If over 18, call: 1-800-652-2929 in New Castle
1- 800-345-6785 in Kent/Sussex

For anonymous conversation:
Text: DE to 741741 Crisis Text Line

Call: 1-800-273-TALK (8255)
to National Suicide Prevention Lifeline

Good mental health helps children form positive relationships. It helps them handle the ups and downs of life. To learn more and to find help, **dial 2-1-1 for Help Me Grow**. Ask for child mental health services. Also visit: **mentalhealthde.com**

Mental Health DE