



# Common Signs of Youth Mental Health Challenges

As educators or parents, you're often the first to notice when a child may be struggling—whether it's a change in mood, behavior, or classroom engagement.

Students show signs of distress in different ways, and those signs can vary widely based on age, development, and individual temperament. Below are some common indicators that a child may benefit from additional support.



## Elementary School Students

Physical complaints (headaches, stomachaches) with no clear medical cause

Clinginess, separation anxiety, or fear of being apart from caregivers

Tantrums, acting out, or trouble managing emotions

Difficulty following routines, instructions, or staying focused

Increased rigidity or low frustration tolerance

Excessive worry or fearfulness

Withdrawing from play, friends, or favorite activities

## Middle and High School Students

Changes in sleep, appetite, or energy

Drop in grades or interest in school/friends

Irritability, anger, or emotional outbursts

Sadness, hopelessness, or flat mood

Anxiety, panic, persistent worry, or feelings of depression

Trouble concentrating or low motivation

Excessive screen time to avoid responsibilities or social interaction

Substance use, risky behaviors, or mention of self-harm

The Cartwheel team is focused on helping students feel safe, supported, and ready to learn. We're here to partner with you this year—providing timely access to licensed clinicians and evidence-based care for students and families.



### For School Staff

Student support staff can scan the QR code or visit <https://app.cartwheel.org/> to refer a student for care.

We're here as your partners, to build on the incredible work you're already doing and make sure every student gets the support they need to thrive.



### For Families

Families can scan this QR code or have to visit <https://www.cartwheel.org/families> to get started.

Families can now raise their hand directly for mental health support with Cartwheel.