

## COVID Resources for Young People

### Normal Behavior vs. Warning Signs

Adolescence can be a complicated and challenging time in the life of a child. It is common and expected for teenagers to have periodic struggles with self-esteem, identity, peer relationships, and emotional regulation. But at what point does normal behavior turn into a warning sign or a more significant concern?

All young people are different, but these signs can indicate that your child is struggling with a more significant mental health issue:

- Missing days in school or poor school performance
- Avoiding friends and social activities
- Loss of interest in hobbies, sports, or activities previously enjoyed
- Lack of motivation for fun activities
- Sleep disruptions, including insomnia and nightmares
- Lack of focus on tasks, or inability to sit still
- Seemingly anxious or worried all the time
- Lack of energy or sleeping more than usual
- Constant irritability or agitation
- Engaging in risk-taking behaviors
- Smoking, vaping, drinking or drug use
- Self-harming behaviors, such as cutting, picking, burning, or hair pulling
- Having suicidal thoughts or actions

As parents, you know your child best. If you notice a marked change in your child's behavior, please reach out to your child's doctor, school counselor, or a mental health professional for guidance.

**In the event of a mental health emergency, please contact the agencies below or dial 911 and/or proceed to your nearest emergency room.**

**Jackson County Mental Health**

After Hours Emergency 911

816-842-7055

[www.jacksoncountycares.org](http://www.jacksoncountycares.org)

**Johnson County Mental Health**

After Hours Emergency

913-286-0156

913-715-7700

[www.mentalhealth.joco.org](http://www.mentalhealth.joco.org)

**Marillac**

913-681-5437

[www.marillac.org](http://www.marillac.org)

**Research Medical Center- Adolescent Behavioral Health Services**

Access Center: 844-207-4511

Phone: 816-444-8161

[ResearchPsychiatricCenter.com](http://ResearchPsychiatricCenter.com)

**Preferred County Health Care**

Phone: 816-767-8090

<http://pfh.org/locations-details?q=community-of-the-good-shepherd>

**Swope Mental Health**

Phone: 816-922-1070

<https://swopehealth.org/what-we-do/behavioral-health/>

**Truman Behavioral Health**

Phone Kansas City: 816-404-5709

Phone Lee's Summit: 816-404-6170

<https://www.trumed.org/services/behavioral-health/>

**Comprehensive-Independence**

Phone: 816-254-3652

<https://thecmhs.com/>

**ReDiscover**

816-966-0900

<https://www.rediscovermh.org/>