

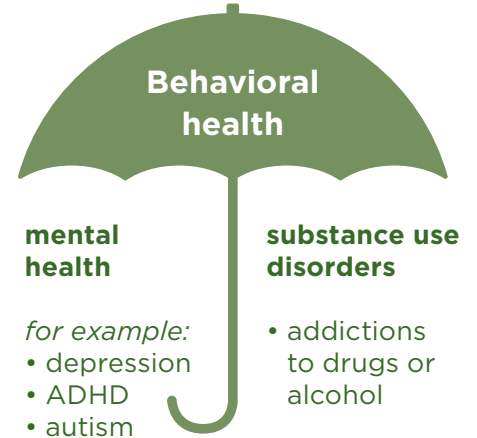
# Mental Health for Your Children and Young Adults

Behavioral health (BH) is an umbrella term. It includes mental health conditions and substance use disorders (SUD). SUD are also called “addiction”.

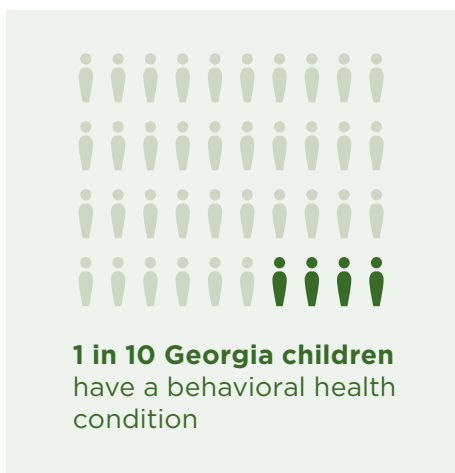
Mental health conditions affect a child’s mood, thinking, and actions.<sup>1</sup> Some well-known mental health conditions are depression, attention deficit hyperactivity disorder (ADHD) and autism.

SUD happen when a person uses drugs and/or alcohol in a way that affects their daily life. For example, a young person who skips school often to use alcohol or drugs may have a SUD.

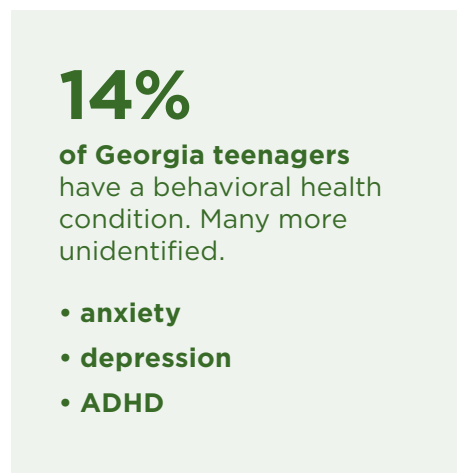
When a person has a mental health condition and a SUD, it may be called a co-occurring disorder.



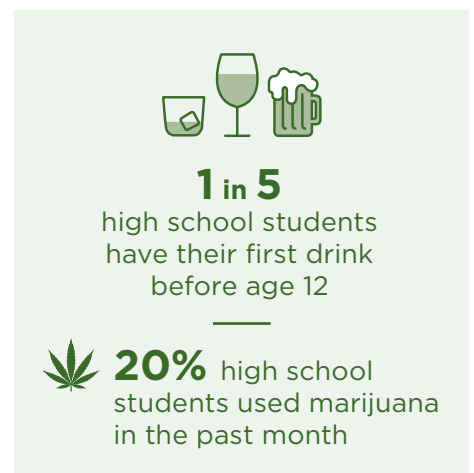
## Behavioral health conditions in young Georgians are common and treatable



BH conditions are common. Nearly 1 in 10 Georgia children (ages 2-17) have at least one confirmed BH condition. Of those, 44% have two or more conditions.<sup>2</sup>



BH issues are more common for older youth. About 14% of Georgia teenagers have a confirmed BH condition, but more go unidentified.<sup>3</sup> The most common mental health conditions in Georgia youth are anxiety, depression, and ADHD.<sup>4</sup>



Almost one in five (18%) of Georgia’s high school students drink alcohol for the first time before age 12. More than 20% say they have used marijuana in the past month and 28% say they have used alcohol in the past month.<sup>5</sup>



## It is important to recognize the signs <sup>6</sup>

Parents, family members, teachers, and friends are usually the first to see if a child or teen has problems with emotions or behavior. Your observations, along with those of other close adults, can help decide if you need to find help for your child. Early identification, diagnosis and treatment can help children and young adults reach their full potential.

### Signs that your **young child** may be struggling with social, emotional, or behavioral issues\*

1. Your child has a bad temper or is irritated easily.
2. Your child complains about “tummy” aches or headaches often with no known medical cause.
3. Your child cannot sit quietly or is in constant motion
4. Your child sleeps too much or too little, has nightmares often, or seems sleepy during the day.
5. Your child does not want to play with other children or has trouble making friends.
6. Your child struggles to succeed in school.
7. Your child often talks about fears or worries.

### Signs that your **older child** (pre-teen or teenager) may be struggling with social, emotional, or behavioral issues\*

1. Your teen has lost interest in things they used to enjoy.
2. Your teen spends more and more time alone and avoids social time with friends or family.
3. Your teen smokes, drinks, or uses drugs.
4. Your teen hurts themselves on purpose or has unexplained injuries.
5. Your teen has stages of high energy and activity and needs less sleep than usual.
6. Your teen does risky or destructive things alone or with friends.
7. Your teen says that they think someone is trying to control their mind or that they hear things that other people cannot hear
8. Your teen fears gaining weight, or diets or exercises excessively
9. Your teen says or suggests that they

\*One or a few of these signs alone may not point to a mental health or substance use issue. Always consult with your pediatrician or trusted mental health provider.

## How to find behavioral health services for Georgia children

Many parents look for help when their children have behavioral health problems. How you get care for your child will depend on what kind of health insurance they have.



Resources for:	The group that can help you find the services you need	How to find the behavioral health services that your child may need
<p><b>Children who are covered by Georgia Families Medicaid (through Amerigroup, Peach State, WellCare, or Care-Source)</b></p>	<p>Your child’s Medicaid insurer (Amerigroup, Care-Source Peach State, Well-Care)</p>	<p>Call your child’s insurer or go to their website and use the “Find a Doctor” feature. Search or ask for a behavioral health and/or substance abuse provider. (You can usually find a phone number and website on their insurance card.)</p>
<p><b>Children with disabilities (covered by SSI Medicaid)</b></p>	<p>Georgia Department of Behavioral Health &amp; Developmental Disabilities</p>	<p>Call 1-800-600-4441 (TTY 711) or visit <a href="http://myamerigroup.com/ga/your-health/find-doctors-locations.html">myamerigroup.com/ga/your-health/find-doctors-locations.html</a></p>
<p><b>Children in foster care (covered by Georgia Families 360 through Amerigroup)</b></p>	<p>Amerigroup</p>	<p>Call or visit the Georgia Crisis &amp; Access Line at 1-800-715-4225 (available 24/7) or <a href="http://mygal.com">mygal.com</a></p>

Resources for:	The group that can help you find the services you need	How to find the behavioral health services that your child may need
<p><b>Children who are covered by PeachCare for Kids</b></p>	<p>Your PeachCare for Kids insurer (Amerigroup, CareSource, Peach State, WellCare)</p>	<p>Call your child’s insurer or go to their website and use the “Find a Doctor” feature. Search or ask for a behavioral health and/or substance abuse provider. (You can usually find a phone number and website on their insurance card.)</p>
<p><b>Children with private health insurance coverage (through parent’s job or an individual health insurance plan)</b></p>	<p>Your child’s health insurer</p>	<p>Call your child’s insurer or go to their website and use the “Find a Doctor” feature. Search or ask for a behavioral health and/or substance abuse provider. (You can usually find a phone number and website on their insurance card.)</p>
<p><b>Uninsured children</b></p>	<p>Georgia Department of Behavioral Health &amp; Developmental Disabilities</p>	<p>Call or visit the Georgia Crisis &amp; Access Line at 1-800-715-4225 (available 24/7) or <a href="http://mygal.com">mygal.com</a></p>

## More Information

If you want more information about mental health or substance use, or if you or your child need further support, these resources may help:

### **Mental Health America of Georgia**

For general information, visit [mhageorgia.org](http://mhageorgia.org)

For additional resources, visit [mhageorgia.org/getting-help](http://mhageorgia.org/getting-help)

### **National Alliance of Mental Illness, Georgia**

Visit [namiga.org](http://namiga.org)

### **National Youth Crisis Hotline**

Call (800) 442- HOPE (4673)

### **Georgia Parent Support Network**

visit [gpsn.org](http://gpsn.org) or call 404-758-4500

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#### Endnotes:

1. <https://www.nimh.nih.gov/health/statistics/mental-illness.shtml>
2. Merikangas KR, He J-p, Burstein M, et al. Lifetime prevalence of mental disorders in US adolescents: results from the National Comorbidity Survey Replication-Adolescent Supplement (NCS-A). *Journal of the American Academy of Child & Adolescent Psychiatry*. 2010;49(10):980-989  
Kessler RC, Avenevoli S, Costello EJ, et al. Prevalence, persistence, and sociodemographic correlates of DSM-IV disorders in the National Comorbidity Survey Replication Adolescent Supplement. *Archives of general psychiatry*. 2012;69(4):372-380.
3. National Survey of Children's Mental Health. Georgia vs. Nationwide Mental and Emotional Well-Being Profile, 2007. Child and Adolescent Health Measurement Initiative (CAHMI) Data Resource Center (DRC) website <http://www.childhealthdata.org>
4. National Institute of Mental Health, <https://www.nimh.nih.gov/health/statistics/prevalence/index.shtml>
5. Youth Risk Behavior Survey, 2013. <https://oasis.state.ga.us/>
6. <https://www.nami.org/Learn-More/Know-the-Warning-Signs>