

## Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

### Watch for:

- **opposition and aggression**
- **disrespect and property damage**
- **anxiety or depression**
- **lying and fighting**
- **stealing or substance use**
- **running away or self-harm**

**Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.**

