My Child and Their Behavioral Health Care

Each child has different responses to what is going on in their lives. If your child is acting different than they normally do and you are worried, talk to their doctor. They may be able to help.

Should I talk to my child’s doctor about their behavior?

Tell your child’s doctor if your child has any of these symptoms:

- They feel anxious or worried a lot.
- They have temper tantrums or seems easily annoyed a lot of the time.
- They say they feel sick to their stomach or have headaches but do not have a physical reason for it.
- They move all the time and can’t sit still.
- They do not sleep well or have nightmares.
- They do not want to spend time with friends.
- They are not doing well in school.
- They have little or no energy.
- There are times they seem to have constant energy.
- They do things to hurt themselves like cut or burn their skin.
- They do things that put themselves or others in danger.
- They smoke, drink, or use drugs.
- They think about or talk about killing themselves.
- They hear voices or see things others do not hear or see.

What if my child is on medication?

After you meet with a doctor they may refer you to behavioral health therapy. This could include family therapy. Therapy with your child will help you learn ways to help them at home. Your child may also go to individual or group therapy. They will learn ways to cope with what is happening in life in therapy.

Your child may also be referred for medication. You can ask about the medication and what to expect once your child starts taking it.

Your child will need to get their blood sugar and cholesterol tested with some types of medication. Ask your doctor what follow up will be needed with the medication being prescribed.

You will want to take notes so you know what next steps you will need to do. If your child needs other tests, your doctor can help you schedule those.
What happens after I tell my doctor I am concerned?

Once you meet with your child’s doctor and you tell them you are concerned, they may ask you some more questions. This is to help them know the best way to help your child.

They may ask you:

• What has changed in their life.
• About school and home.
• How they get along with other kids.
• When you noticed the change.

Some of the questions may be upsetting but it is important to be open and honest. Remember that they are there to help your child. They may also give you a form to fill out that asks your thoughts on your child’s behavior. These also help doctors know more about your child so they can help them.

Where can I get more help?

If you are having any of these symptoms or something just doesn’t feel right, you can talk to a MDwise case manager. Call MDwise customer service at 1-800-356-1204.

Choose your program option. Then choose option 2 for behavioral health.

For more information, visit MDwise.org/INcontrol.

Sources:
NIMH.NIH.gov