

DID YOU KNOW THAT:

- **At any point in time, at least one in five children and adolescents may have an emotional or behavioral problem?**

At least one in ten may have a serious emotional disturbance that disrupts his or her ability to function.

- **Biology, environment or a mix of both causes mental health disorders in children and adolescents?**

Examples of biological factors are genetics, chemical imbalances in the body and damage to the central nervous system. Examples of environmental factors include exposure to violence, extreme stress and loss of an important person.

- **Myths about children's behavior are easy to blame the child or parents?**

Such thinking is misguided. Many children suffer from emotional problems that are not the fault of their caregivers or themselves. Parents and families are most often a child's greatest source of emotional support.

- **Many of the symptoms and much of the distress associated with childhood and adolescent emotional or behavioral problems may be alleviated with timely and appropriate treatment and support services?**

Researchers are working to produce new knowledge and understanding of emotional and behavioral disorders. Studies are exploring ways to prevent and treat emotional and behavioral problems.

- **Every child's mental health is important?**

Emotional and behavioral problems are real and painful and can be severe.

If a child you know is experiencing these problems, please call:

**Sacramento County
Child and Family Access Team
(916) 875-9980
TTY/TDD: (916) 876-8892**

A skilled mental health professional will assist you in determining the appropriate type and level of service and will link the child to that service.