

# How do you know when to seek counseling for your child?

**Counseling may be beneficial if you see the following behaviors occurring consistently over two weeks or more:**

- ✓ More or less emotional than expected for the situation
- ✓ Anger outbursts that appear to be without reason or due to a much smaller reason
- ✓ Poor self-esteem or low confidence in strengths, abilities, or communicating
- ✓ Friendship or peer problems
- ✓ Challenging behavior to those in authority
- ✓ Worrisome or more nervous than typical
- ✓ Difficulty staying on task or poor homework completion

Counseling care and treatment services are easy to access through our school's partnership with Christian Family Solutions. Do not be afraid to reach out for a consultation. **Contact your school office to be connected with the school counselor.**

