

COUNSELING Screening Tool

“Red Flags”

We understand that it is challenging to see your child struggle whether at school, at home or in the community. The following “red flags” may help identify if counseling could benefit your child.



Children – All Ages

Has problems in multiple areas of life, such as family relationships, academic performance, leisure activities and friendships.

Starts feeling bad about himself or herself, less confident or less effective.

Shows excessive worry about the future.



Expresses hopelessness.

Withdraws from family, friends or activities he or she used to enjoy.

Has a significant change in sleep habits or appetite.



Engages in negative behavior more frequently.

Has repetitive, self-destructive behaviors such as hair-pulling or skin-picking.

Has excessive and inappropriate anger

Makes comments like “I wish I weren’t here,” or “Nobody would care if I ran away.”

Talks explicitly about suicide.

Talks about or engages in any kind of self-harm.



Life situations where Counseling could help:

- ➔ Coping with a new or existing diagnosis – we help kids navigate life with developmental, medical, and learning differences.
- ➔ Family conflict
- ➔ Moving homes or changing schools
- ➔ New sibling at home
- ➔ Parents’ divorce
- ➔ School behaviors
- ➔ Trauma/PTSD



References

Cleveland Clinic. (2020, July 28). 11 signs that your child may need a therapist. Retrieved February 24, 2021, from <https://health.clevelandclinic.org/11-signs-your-child-may-need-a-therapist/>