



Hawai'i Island Community Health Center

What Is Behavioral Health (BH) Care?

Growing up is hard to do! Little ones and teens alike are learning, growing, and developing quickly. The good news is that help is available whenever they're struggling, or just need to talk.

BH care isn't just about mental illness. Children may need help learning social skills; coping with difficult situations; or reaching developmental milestones. BH support can help kids do well in school and other activities, manage friendships, and do better at home.

Therapy is a valuable resource to help you navigate problems that you're unable to deal with on your own. Our BH providers are trained to understand tough issues and can give you and your family the tools and support you need to get through this, and thrive.

Have You Noticed Any of These Behaviors in Your Child?

can't focus

sad

STRESSED

depressed

ANXIOUS
?!?

ANGRY!

always tired

IMPATIENT

has trouble sleeping

Acts younger than they are

INATTENTIVE

GETS INTO FIGHTS

don't enjoy things that they used to

Can You Benefit from Behavioral Health (BH) Care?

BH providers can help with all sorts of things that you may be experiencing with your child; some could even be simple changes in your child's mood or personality.

How Do You Access Behavioral Health (BH) Services?

If you have concerns or questions about your child's behavioral health, please speak with their provider or a staff member at one of our School Based Health Centers. When you schedule an appointment with a BH Provider, they will assess the underlying issues by asking questions and listening to your concerns. They will then offer you advice on coping methods, stress management, emotional support, and other strategies to assist your child.

Regular visits to a BH provider, such as therapy sessions, can help your child and family achieve your health goals and build stronger relationships.



Learn more at www.HICommunityHealthCenter.org