EARLY CHILDHOOD MENTAL HEALTH

Mental health includes a child's mental, emotional and behavioral well-being. A child's mental health plays a role in how children handle stress, interact with others, and make healthy choices. Mental health can be described by a child's affection, resilience, positivity, and curiosity.

Having behavioral challenges doesn't mean a child has a mental health disorder. Mentally healthy children can still experience challenges with various tasks as they learn and grow. Children will have different strengths and weaknesses, so it's important for their caregivers to understand their children's specific needs and strengths. If you would like support with your child's behavioral challenges, please reach out to your consultant.

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For more information, please contact Early Child Mental Health Consultation at Denver Health:
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