

Child & Adolescent Mental Health

10 Signs Your Child May Benefit from Therapy

Because every child deserves to feel safe, seen, and supported

As a parent, you know your child best. But sometimes, the signs of emotional distress are subtle — or masked by behaviors that feel confusing or overwhelming. Therapy is not just for crisis. It is a proactive, compassionate step toward helping your child build resilience, confidence, and emotional wellness.

Here are 10 signs that may indicate your child could benefit from therapy:

1. Persistent Sadness or Irritability

Your child seems down, angry, or emotionally fragile more days than not — and it is lasting longer than expected.

2. Withdrawal from Friends or Family

They are pulling away from people they used to enjoy, spending more time alone, or avoiding social situations altogether.

3. Frequent Tantrums or Emotional Outbursts

Big emotions are normal — but if your child is regularly overwhelmed, explosive, or unable to self-soothe, it may be time to explore deeper support.

4. Changes in Sleep or Appetite

Sleeping too much or too little, frequent nightmares, or noticeable shifts in eating habits can be signs of emotional distress.

5. Struggles at School

A sudden drop in grades, refusal to attend, or difficulty concentrating may reflect underlying anxiety, depression, or other challenges.

6. Excessive Worry or Fear

If your child is constantly anxious, avoids certain places or activities, or expresses fears that interfere with daily life, therapy can help them feel safer and more in control.

7. Low Self-Esteem or Hopelessness

They speak negatively about themselves, feel like they are “not good enough,” or express hopeless thoughts.

8. Unexplained Physical Complaints

Recurring headaches, stomachaches, or other symptoms without a medical cause may be your child's way of expressing emotional pain.

9. Repetitive or Self-Destructive Behaviors

Behaviors like skin-picking, hair-pulling, or other compulsions can be signs of anxiety or distress.

10. Difficulty Coping with Transitions or Loss

Major life changes — like divorce, grief, friendship break up or moving — can overwhelm a child's coping skills. Therapy offers a safe space to process and heal.

What to Do Next

If any of these signs feel familiar, trust your instincts. Therapy is not a sign of failure — it is a courageous step toward healing. At Emotional Wellness Therapy, I offer a warm, experienced space where your child can feel safe to explore, express, and grow.

Let's talk. You do not have to wait for things to get worse. Early support can make all the difference.

Warmly,

Cheryl

Relationship Counseling
Mental Health and Well-Being
Individuals, Couples and Families