



Understanding and Managing Mental Health Disorders in Children

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DESCRIPTION

Significant distress or impairment in everyday functioning may result in these symptoms and they might also make suicide or self-harm more likely in children. Therefore, it is important to seek professional help if anyone or someone knows the experiencing of these signs and symptoms. Early intervention can help to prevent the worsening of the condition and improve the quality of life. The main causes of mental health disorders are not fully understood, but there are many different factors that may contribute to them. They may interact with each other and with a person's individual characteristics and circumstances to influence their mental health. Some of the most common mental disorder factors are:

- In genetic factors some mental health disorders may run in families or be influenced by genes. For example, bipolar disorder, schizophrenia, and autism spectrum disorder have a strong genetic component.
- Environmental factors may increase the risk of developing a mental health disorder, such as exposure to toxins, infections, drugs, alcohol, or stress.
- Psychological factors may affect a person's mental health, such as severe trauma, abuse, neglect, bullying, loss, discrimination, or low self-esteem.
- Social factors shows impact on person's mental health, such as isolation, loneliness, poverty, violence, stigma, or lack of support.

However, these factors do not necessarily cause mental health disorders by themselves. Therefore, it is important to consider each person's unique situation and want to be addressing their mental health issues. The signs and symptoms of mental health disorders can vary depending on the type, severity, and duration of the disorder. However, according to web search results, some of the common signs and symptoms that may indicate a mental health problem include:

- Changes in mood, such as feeling sad, irritable, anxious, or guilty.

- Changes in thinking, such as having confused, distorted, or illogical thoughts, or experiencing delusions or hallucinations.
- Changes in behavior, such as withdrawing from social activities, losing interest in hobbies, having problems with alcohol or drug use, or acting aggressively or violently.
- Changes in physical health, such as having trouble sleeping, eating, or concentrating, or experiencing unexplained aches and pains.

Negative thoughts can worsen anyone mood and increases the anxiety. One can challenge them by identifying them, questioning their validity, and replacing them with more realistic and positive thoughts. The choice of treatment may also depend on the availability and accessibility of mental health services and resources in the person's area. Some treatments may be more affordable, convenient, or effective than others. Some treatments may require a referral from a primary care provider or a specialist. By taking care of physical health can also benefit the mental health. This includes getting enough sleep, eating healthy foods, exercising regularly, avoiding alcohol and drugs, and limiting caffeine and nicotine. Relaxation techniques can helps to reduce the stress, calms mind, and regulates the emotions. Some examples are deep breathing, meditation, mindfulness, yoga, tai chi, or progressive muscle relaxation.

CONCLUSION

The person with a mental health disorder should be involved in the decision-making process and have a say in their treatment plan. They may have preferences or needs regarding the type, mode, frequency, or location of treatment. They may also have personal or cultural beliefs that influence their treatment choices. The choice of treatment for mental health disorders is not a one-size-fits-all approach. It requires a comprehensive assessment, a collaborative relationship, and a personalized plan that suits the person's condition, situation, and goals. However, different strategies may work for different people and situations.

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