



# Red Flag Checklist: How to Recognise When Your Child Needs Help.

Make use of this checklist to assist in identifying emotional, behavioural, physical, and verbal signs that your child may be experiencing anxiety or other mental health challenges.



## Emotional Red Flags

These are signs reflecting how your child is feeling emotionally, even if they are not verbalising that they are in distress.

- Frequent or intense worry
- Irritability or mood swings
- Outbursts of anger
- Talking about feeling overwhelmed
- Expressing fear of failure despite doing well



## Behavioural Red Flags

These are observable changes in how your child acts, especially when those behaviours are out of character.

- Avoids attending classes or social events
- A drop in academic performance
- Lack of motivation
- Withdraws from family and friends
- Increased screen time
- Sleep disturbances (excessive sleeping/ lack of sleep)

## Physical Red Flags



Frequent headaches, stomach-aches, or other unexplained pain.



Noticeable changes in appetite or eating habits.



Constant fatigue or low energy.

## Verbal Red Flags

Says things like:

- 1 "I can't handle this."
- 2 "What is the point?"
- 3 "I hate myself."

## Next Steps If You Notice These Signs

- Gently talk to your child and use open-ended, non-judgmental questions
- Let them know you're there to listen, not fix
- Normalise seeking help: "It's okay if you need support"
- Reach out to a mental health professional for an assessment or support
- At Eduvos, we offer 24/7 support through our SADAG counselling line: 0800 008 206