

DON'T WAIT... GET HELP EARLY

Early identification can help pave the way for children to get the support they need to experience successful futures both in school and beyond.



Learning Disabilities Association of Manitoba
www.LDAManitoba.org (204) 774-1821

Mental Health Education Resource Centre of MB
www.mherc.mb.ca (204) 772-4917

Mood Disorders Association of Manitoba
www.depression.mb.ca (204) 786-0987

Tourette Syndrome Foundation of Canada
Winnipeg Chapter (204) 257-3802

The Parent Resource Line 1-877-949-7375
(Toll Free)

Obsessive-Compulsive Information & Support
www.members.shaw.ca/occmantoba (204) 786-0987

Fetal Alcohol Family Assoc. (204) 786-1847
Fetal Alcohol Spectrum Disorder
www.faspartnership.ca

Eating Disorders Association of Manitoba
www.edam.mb.ca (204) 888-3326

Suicide Prevention Education Awareness Knowledge (SPEAK) www.speak-out.ca (204) 831-3610

Child Guidance Clinic
www.childguidanceclenic.ca (204) 786-7841

Compassionate Friends (204) 727-1823

Kids Help Phone 1 (800) 668-6868
kids-help@sympatico.ca

Centre for Suicide Prevention
www.suicideinfo.ca



STRUGGLING CHILDREN

Is your child

STRUGGLING

at school?

at home?

with friends?

with self-esteem?

Many children and youth struggle at school and at home with emotional, learning, perceptual, and/or behavioural difficulties.

These difficulties are not a result of individual weakness, poor upbringing or lack of effort. They are usually caused by neurological, environmental and/or biological factors.

Difficulties in children and youth may range from mild to severe, and are found among all socioeconomic, cultural ethnic groups.

**"Children do well if they can...
if they can't,
we as adults need to figure
out why so we can help."**

Ross Green, Ph.D.

- **GET HELP EARLY**
- **ASK QUESTIONS**
- **EDUCATE YOURSELF**
- **GET SUPPORT**
- **NEVER GIVE UP!**



If you notice your child or a child close to you displaying some or several of the following indicators at school or home, you may want to consult with the school support team or your family doctor.

EMOTIONAL INDICATORS

- mood swings and irritability
- feeling of guilt, low self-esteem
- high anxiety levels

THINKING & PERCEPTUAL INDICATORS

- over/under reaction to smell, touch, and taste
- difficulty sustaining attention
- forgetfulness, often loses things
- unusual need for order and/or placement of objects
- contamination fears of dirt and germs
- poor self concept

LEARNING & PROCESSING INDICATORS

- avoidance of laborious reading
- motor skill deficits (fine and/or gross)
- poor organizational skills
- omits words or loses place when reading
- trouble copying from the board
- lack of discrimination between similar sounds
- confuses directions (e.g. left/right, north/south)

BEHAVIOURAL INDICATORS

- excessive eye-blinking, facial grimacing, throat clearing
- hyperactive, impulsive behaviour
- poor social skills, few friends
- fidgeting with hands or feet
- difficulty engaging in activities quietly
- interruptions or intrusions on others
- picky, strange or ritualistic eating habits
- social withdrawal
- sleep problems
- excessive tiredness

LOCAL RESOURCES/SERVICES FOR CHILDREN & YOUTH

BOISSEVAIN SCHOOL
534-2494

KILLARNEY SCHOOL
523-4696

CHILD AND FAMILY SERVICES
523-3200

MENTAL HEALTH
483-2121 EXT. 172

AFM (ADDICTIONS FOUNDATION)
523-5070 (ADULT SERVICES)
534-2494 (YOUTH)
523-4696

BOISSEVAIN HOSPITAL
534-2451

KILLARNEY HOSPITAL
523-4661

ASSINIBOINE REGIONAL HEALTH CENTRE
1-204-571-2950

CHILD AND ADOLESCENT TREATMENT CENTRE
1-204-727-3445

CRISIS LINES FOR CHILDREN & YOUTH

KIDS HELP PHONE
1-800-668-6868

TEEN TOUCH LINE
1-800-563-8336

KLINIC CRISIS LINE
1-888-322-3019

SEXUAL ASSAULT CRISIS LINE
1-888-292-7565

SUICIDE/CRISIS SERVICES WESTMAN
1-888-379-7679

FARM & RURAL STRESS
1-866-367-3276

WESTMAN WOMEN'S SHELTER
1-877-977-0007