



Cohen Veterans  
Network



# WARNING SIGNS

Indicators that your child / teen may benefit from seeing a therapist

- uncommon changes in mood or behavior
- development regression (e.g. bed-wetting)
- sleep problems
- excessive worry
- anger
- decrease in interest in favorite activities
- risk-taking behaviors in teenagers (e.g. experimenting with drugs or alcohol)

## FIND CARE

**COHEN VETERANS NETWORK** provides mental health care to military families, children and teens. Cohen Clinics can help children with a number of concerns including: limited focus/attention, grief/loss, life adjustment, anxiety, depression, self-harm, and suicidal ideation.

LEARN MORE  
[cohenveteransnetwork.org/militarykids](https://cohenveteransnetwork.org/militarykids)