

SickKids mental health web resource

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Trusted answers from The Hospital for Sick Children

SickKids

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Wellbeing

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The everyday pressures of growing up can put a strain on any child's mental wellbeing. Find out how physical activity, a healthy sleep routine, screen time limits and balanced nutrition can boost your child's mental health and support them through difficult times.

Anxiety disorders

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Every child feels anxiety at some point as a natural part of growing up. An anxiety disorder, however, is when anxious feelings interfere with a child's everyday routine. Learn more about the signs, symptoms and range of anxiety disorders and how they are treated.

Obsessive compulsive disorder

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Obsessive compulsive disorder (OCD) occurs when a person suffers from troubling and intrusive thoughts and/or follows repetitive or strict routines to feel less worried. Learn about the causes, signs and impact of this disorder and how you can help your child.

Mood disorders

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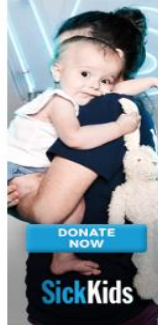


Mood disorders cause a person to experience a low mood (as with depression) or alternate between low and elevated moods (as in bipolar disorder) for days, weeks or months at a time. Discover how these disorders can affect a child or teen and how they are treated.

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