



# How to Find Mental Health Care for Your Child (APA Lifetools)

*Ellen B. Braaten*

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It is estimated that up to a quarter of American children will experience a psychiatric disorder at some point in their development. Concerned parents whose children struggle with issues such as depression, anxiety, learning disorders, and attention problems face tough questions including:

- Does my child need medication?
- How do I get an appropriate diagnosis?
- What do I need to know to find the most competent professional and how can I ensure that my child gets the best possible treatment?

Learning the difference between a psychologist, psychiatrist, and social worker or understanding clinical terms such as cognitive-behavioral therapy and mood dysregulation can be overwhelming. Therefore, finding the right resources is critical to addressing a child's mental health needs and moving forward toward effective care.

In *How to Find Mental Health Care for Your Child*, seasoned child psychologist and author Ellen B. Braaten offers clear and expert guidance to help anxious parents navigate the complexities of mental health care.

Divided into three thorough and well-organized parts, the book first provides an overview of the issues involved in diagnosing and treating children. It then gives detailed information on the most common childhood disorders and addresses key symptoms, possible causes, and treatment options. In the final chapters, Dr. Braaten discusses the primary treatment approaches in more depth, such as their typical course, what disorders they are used to treat, and how to determine their effectiveness.

Parents seeking the best mental health care for their child will learn what other parents did in real situations when confronted with similar problems and will be reassured, supported, and empowered throughout their journey.

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