When to Seek Professional Support

Recognize signs that an educational website is not enough.

Changes worth discussing

Sustained difficulties with sleep, eating, school attendance, play, relationships or daily functioning deserve attention. Frequent intense worry, sadness, regression or withdrawal may also warrant consultation. An isolated checklist item is not a diagnosis.

After a frightening event

If a child has experienced or witnessed a potentially traumatic event, or you have concerns about ongoing safety, seek guidance from an appropriately qualified pediatric or mental-health professional. Do not use this site to assess trauma severity or select a therapy protocol.

Immediate safety concerns

When a child may be in immediate danger, use local emergency services. In the United States call 911 for emergencies; for crisis support call or text 988. Seek urgent professional assistance for self-harm, suicidal statements or dangerous behavior.

Finding suitable care

A pediatrician, school professional or mental-health provider may help with referrals. If exploring EMDR, look for a licensed clinician with specific training and experience treating children. Ask about caregiver involvement and safeguarding.

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A PHRASE YOU CAN USE

“I am concerned about how hard this has been. I would like us to talk with someone trained to help.”

IMPORTANT BOUNDARY

The information here is educational and cannot tell whether a particular child needs EMDR.

REFERENCES & SCOPE

EMDRIA Children’s Toolkit and EMDRIA Find a Therapist. This guide is informational; a licensed professional provides individualized assessment and treatment.

PUT THIS INTO PRACTICE

One question I would like to ask a professional:

One choice I can offer my child without pressure:

What would tell me that more support is needed?

Bring these notes to an appropriate conversation if useful. Do not record sensitive traumatic memories here.