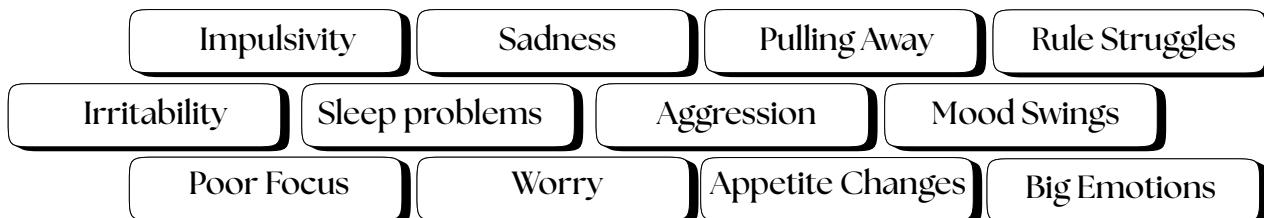


# When a Child Is Struggling, It's Worth Looking Deeper

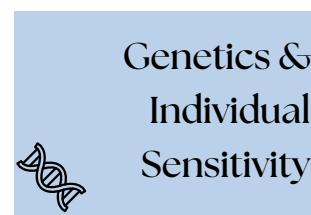
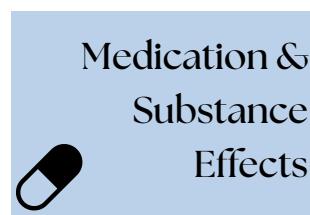
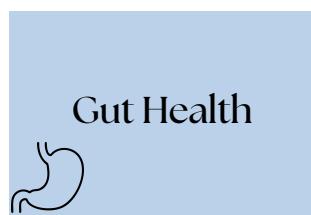
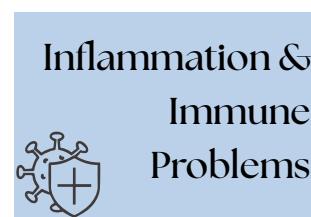
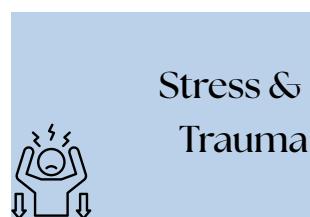
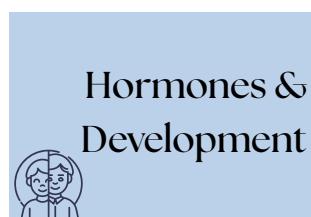
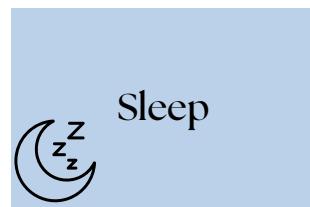
Mental health symptoms can have many causes — not just “chemical imbalance.”

Before starting long-term medication, it's worth checking for other causes.

What we see are symptoms, not labels:



The Same Symptoms Can Have Many Possible Causes



Symptoms are worth understanding before making decisions.

<b>Nutrition &amp; Deficiencies</b> <ul style="list-style-type: none"> <li>• Iron, omega 3</li> <li>• Vitamin D, B12, folate</li> <li>• Magnesium, zinc</li> </ul>	<b>Sleep &amp; Circadian Rhythm</b> <ul style="list-style-type: none"> <li>• Too much screen time</li> <li>• Late-night screens</li> <li>• Irregular sleep schedules</li> </ul>	<b>Environmental Exposures</b> <ul style="list-style-type: none"> <li>• Lead</li> <li>• Mold</li> <li>• Pesticides</li> </ul>
<b>Hormones &amp; Development</b> <ul style="list-style-type: none"> <li>• Puberty changes</li> <li>• Thyroid issues</li> <li>• Blood sugar swings</li> </ul>	<b>Stress, Trauma &amp; Environment</b> <ul style="list-style-type: none"> <li>• Social media</li> <li>• Academic pressure</li> <li>• Abuse</li> </ul>	<b>Inflammation &amp; Immune System</b> <ul style="list-style-type: none"> <li>• Standard diet leads to inflammation in the body</li> <li>• Allergies</li> <li>• Strong immune reactions (including to infections and vaccines)</li> </ul>
<b>Gut &amp; Digestive Health</b> <ul style="list-style-type: none"> <li>• Food sensitivities</li> <li>• Constipation</li> <li>• “Leaky gut”</li> </ul>	<b>Medication &amp; Substance Effects</b> <ul style="list-style-type: none"> <li>• Stimulants, caffeine</li> <li>• Antihistamines, steroids</li> <li>• Antibiotics, acne rx</li> </ul>	<b>Genetics &amp; Individual Sensitivity</b> <ul style="list-style-type: none"> <li>• Family history</li> <li>• Differences in how fast or slow you break down drugs</li> <li>• Stress sensitivity</li> </ul>

Before starting long-term psychiatric medication, it can help to ask:

- What symptoms are we trying to help?
- What else could be contributing to these symptoms?
- Have these possible causes been considered?
- How can we evaluate or investigate these other factors?
- How do we treat these other factors?

**It's okay to take time before deciding.**