
BABY STEPS TO HEALTH



Red Flags

Times have been difficult for many of us, and a negative emotional reaction can be expected. However, there are some red flags to look out for that may indicate that a bigger issue is occurring.

Listed below are some red flags indicating that professional help may be needed:

- Anger outbursts/irritability
- Child disobedience/disrespect
- Moodiness
- Excessive or inefficient sleeping or eating habits
- Low motivation or failing grades



Robinson-Kyles Counseling and Testing Services

1604 E. Gary Rd. Lakeland (863-398-6748)

Common Diagnoses:

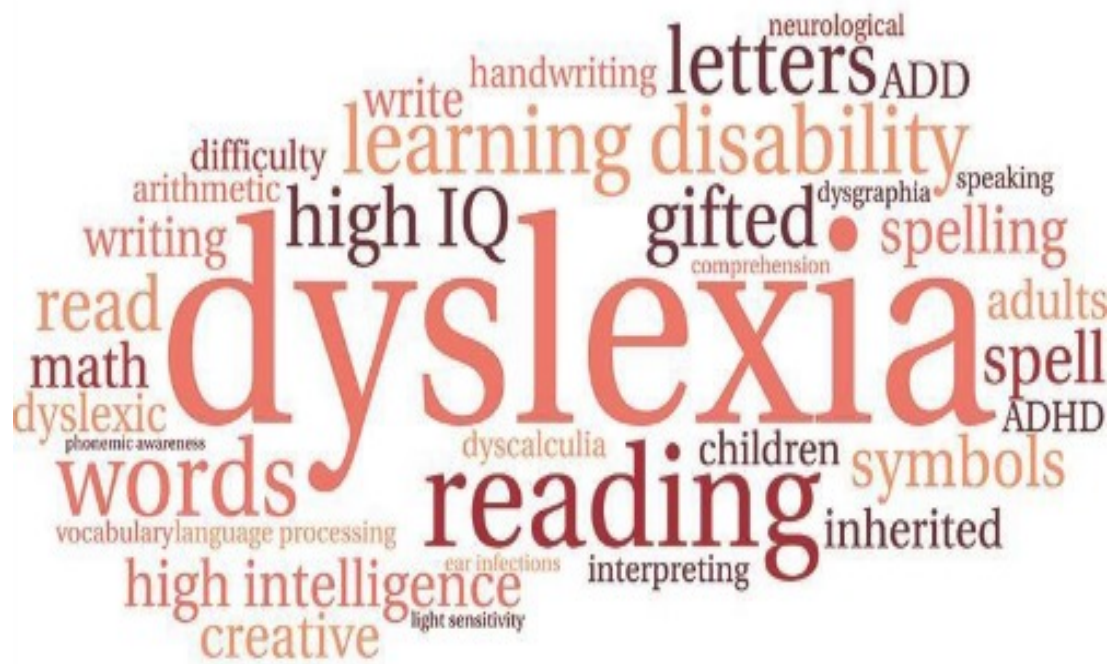
Red flags can be indicators of a diagnosable condition.

Depression (low energy, low motivation, hopelessness) and **Anxiety** (racing thoughts, excessive worries, sleeping difficulties) are common mental health diagnoses that are treatable when accurately detected. These diagnoses are often triggered by the following:



- Unfulfilling relationships or not feeling valued/heard in relationships
- Grief or Trauma: Any significant change can trigger adjustment difficulties (moving, death, assault, a new baby, etc).
- Genetic predisposition

A mental health diagnosis indicates that the symptoms cannot be simply “shaken-off” or easily disappear on it’s on without treatment.



Learning Disorders and **Intellectual Disabilities** are typically genetically caused diagnoses that can be revealed if someone's school grades are significantly lower than the average person.

These diagnoses are often hidden but could be the cause of:

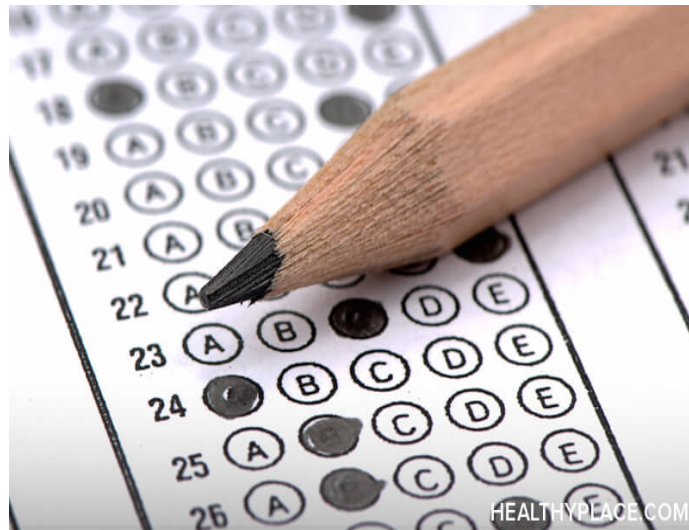
- behavioral problems
- low motivation
- school avoidance (a desire to skip school or misbehave to be suspended from school).

Attention Deficit Hyperactivity Disorder can often be the genetically caused diagnosis if the following is noticed:

- Difficulty concentrating
- Impatience/impulsivity

****Can be a misdiagnosis if an improper diet or insufficient exercise is not rectified first.**

Mental Health Testing for Benefits!



Mental Health testing can determine your diagnosis and help you gain the benefits and treatment you deserve!

Medications-Can be very helpful to reduce symptoms if you work with your doctor to find the right medication and dosage.

School Accommodations- Assistance is available from Pre-K through professional education! With a diagnosis you can obtain:

- Additional time to complete assignments and tests
- Low distraction seating
- A specialized curriculum
- Tutoring



Work Accommodations

With a diagnosis you can gain extended time off work or an adjusted work schedule with specialized duties.

Social Security Benefits

With a diagnosis you can gain monetary assistance from the government if you are unable to work or pay for the treatment you need.

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Don't miss out on God's blessings!

Matthew 7:7

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

James 4:2

...You do not have, because you do not ask.

Peace River Center

(counseling and medication)
1-863-248-3300

Robinson-Kyles Counseling & Testing

(counseling and mental health testing)
1-863-398-6748

Social Security Administration

(financial support)
1-800-772-1213

Worker's Compensation

(financial support)
1-800-342-1741

Polk County Exceptional Student Services

(school accommodations)
<https://polkschoolsfl.com/ese/>



*God is our refuge
and strength, a
very present help
in trouble!*

**PSALMS
46:1**



~ This Baby Steps edition was compiled by Robinson Kyles Counseling and Testing Services.
Please give us a call to serve your mental health needs.
We accept most insurances and offer sliding scale fees.
1604 E. Gary Rd. Lakeland, FL 33801 (863) 398-6748.

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