

## **The Importance of Family Education in Early Detection of Mental Health Disorders in Children**

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### **ABSTRACT**

This study aims to deepen understanding of the critical role of family education in the early detection of signs of mental health disorders in children. This study is a literature study that uses integrative and comprehensive literature analysis in collecting and investigating several relevant scientific literature sources to describe and understand the importance of family education in detecting early signs of mental health disorders in children. The study results show that family education is critical in early detection and a valuable investment in creating a better future for children and society. The family is the first and foremost environment for a child. Through proper education, parents can be effective agents in observing changes in behavior or emotions that may indicate mental health problems. Parents' awareness of the signs of mental health disorders in children is an essential first step in detecting problems early. This can broadly create a supportive environment at home, school, and society. Early detection of mental health disorders in children is a concrete effort to maintain their well-being and prevent complications that may arise in the future.

**Key Words:** *Family Education, Mental Health, Children*

### **INTRODUCTION**

Family education influences children's development, including their mental health. Family education is about imparting values and ethics to children and equipping parents with the knowledge and tools necessary to detect early signs of mental health disorders in children. Mental health disorders can affect children very early, and the symptoms can often be subtle, difficult to recognize, or even ignored (Christian & Neglect, 2015; Rauh & Margolis, 2016). Therefore, the importance of family education in this matter cannot be underestimated.

The importance of family education in the early detection of signs of mental health disorders in children involves many aspects. One of them is the increased knowledge of parents about what to look for as an indication of a mental health disorder. Parents educated about early symptoms, such as drastic changes in behavior, significant mood swings, social isolation, or decreased school

performance, will be more likely to recognize these changes in their child. In addition to knowledge, family education can also provide parents with practical tools and strategies to communicate with their children effectively (Karimullah, 2022). This is a crucial aspect since sometimes children cannot interpret or verbally express what they are experiencing.

Trained parents can help their children feel more comfortable talking about their feelings and seeking support when needed. In addition, family education can also play a role in reducing the stigma associated with mental health disorders within the family and society more broadly. When parents understand mental health and approach this topic openly, their children will also be more likely to feel comfortable and not ashamed if they experience mental health problems. This can encourage a faster search for help and support, which is especially important in cases of mental health disorders.

In the context of a rapidly changing modern society, the role of family education in the early detection of signs of mental health disorders in children is becoming increasingly important. Technology, social media and high academic pressure can unprecedentedly affect children's mental health. Therefore, parents must understand how these factors impact their child's mental health. In addition, family education can also create an environment that supports the development of positive mental health (Luthans & Broad, 2022). This includes promoting healthy sleep patterns, good nutrition, and regular physical activity, all of which can contribute to a child's mental health. Family education can help parents integrate these practices into the daily lives of families, creating a solid foundation for children's mental health.

Furthermore, in an era where children are exposed to unprecedented information and challenges, family education can help children develop practical coping skills. This includes coping with stress, managing emotions, and seeking support when needed. Parents can be positive role models in teaching these skills to their children. By understanding their role in supporting children's mental health, parents can be crucial in ensuring children's mental well-being now and in the future. Therefore, the study of the importance of family education in the early detection of signs of mental health disorders in children has a broad and significant impact on shaping the mental health of future generations.

Several results of previous studies have been reevaluated with this study and can be used as a reference discussion to complement the data in this study. The survey by Ming-Te Wang and Salam Sheikh-Khalil (2014) highlights the importance of family education in improving parents' knowledge of Child Development and mental health. Parents involved in family education programs were more likely to detect their child's developmental problems early. Research by E. Jane Costello (2016) describes the importance of early detection of mental health disorders in

children. He found that prevention and treatment measures that start early can reduce the negative impact of mental health disorders on children.

A study by Kimberly Eaton Hoagwood (2005) on the effectiveness of family education in improving parents' knowledge and understanding of children's mental health. This research suggests that family education can increase parents' awareness of mental health issues and their readiness to support their children. Cobham et al. (2016) examined the influence of the family environment on children's mental health. The study highlights how family education can create a more supportive environment for children's positive mental health development. In addition, several previous research results highlight the role of parents in the early detection of mental health disorders in children (Childs-Fegredo et al., 2021; Levitt et al., 2007; Oberklaid et al., 2013).

The results of several previous studies illustrate the importance of family education in detecting early signs of mental health disorders in children and creating an environment that supports the development of positive mental health. The results of previous studies provide strong evidence that family education can play a crucial role in promoting awareness, detection and Prevention of mental health disorders in children. This literature review shows that scientific literature and empirical research support the importance of family education in detecting early signs of mental health disorders in children. It is about improving parents' knowledge and empowering them with the tools and skills necessary to respond appropriately to changes in their children's behavior and emotions. In addition, family education can also help overcome stigma, create a supportive environment, and prepare children for the mental stresses they may face in an increasingly complex world.

## **RESEARCH METHODS**

This study is a literature study that uses integrative and comprehensive literature analysis. In the process, researchers collected and investigated several relevant sources of scientific literature to describe and understand the importance of family education in detecting signs of mental health disorders in children. The literature analysis included understanding the concept and impact of family education, the role of parents in early detection, and its positive effects on children's mental health. This study aims to provide a deeper insight and comprehensive understanding of the issue by integrating various relevant literature sources.

## **RESULTS AND DISCUSSION**

### **The Role of Family Education in Cultivating Parental Awareness**

The role of family education in educating parents' awareness of children's mental health is essential for understanding and responding to mental health problems among children. Parents have a central role in their child's development,

including the development of mental health. However, to play this role well, parents need to understand the child's mental health and recognize early signs that may indicate a problem. This is where the role of family education becomes very relevant and vital.

Family education can serve as a reliable source of knowledge for parents (Wati et al., 2022). This includes providing information about children's mental health development, such as normal developmental stages and symptoms that may signal problems. With this understanding, parents can be better prepared to deal with their child's mental health development. They will know what to expect in different stages of development and what may be of grave concern. In addition, family education can also provide parents with a broader view of the factors that affect a child's mental health. These include how family environment, social pressures, and genetic factors may play a role in the development of mental health. With this understanding, parents can be more sensitive to potential risks and respond better if their child shows distress.

In addition to knowledge, family education can also provide parents with practical skills. This includes good communication skills to talk to children about their feelings, listen with empathy, and provide appropriate support. Parents equipped with these skills will be more likely to build strong relationships with their children, which can be a protective factor in mental health. Furthermore, family education can also help remove the stigma that is still attached to mental health disorders (Corrigan & Miller, 2004). By providing accurate information and building an understanding of mental health as an integral part of overall well-being, family education can help change the views of parents who may be skeptical or less knowledgeable about mental health issues. This can open the door to discussion and a search for help if needed.

Family education can also help strengthen the relationship between parents and their children. Parents can create a stronger emotional bond by understanding and appreciating their essential role in developing a child's mental health. They can provide the support, understanding, and security children need to feel comfortable discussing their feelings and problems. This is a crucial foundation for helping children cope with stress or mental health difficulties. It is also essential to recognize that family education is an ongoing process. Children's mental health can be affected by various factors that evolve, including changes in the school environment, friends, and social demands. Therefore, family education is not a one-time effort but a long-term commitment to an ongoing understanding and response to children's mental health.

In a broader view, the role of family education in educating parents' awareness of children's mental health is about creating an environment that supports emotionally balanced growth and development for children. It is not only

about knowledge but also about attitudes and daily practices that make a strong foundation for good mental health. Thus, family education becomes essential in building a society that cares more about children's mental health and encourages positive development in future generations.

It is essential to understand that the role of family education in educating parents on awareness of children's mental health impacts individual families and society as a whole. Educating parents about children's mental health can help break the chain of knowledge and support to friends and other family members. This creates a positive domino effect in the community, where understanding mental health is becoming more common. Family education can also reduce the burden on the health system (Witt et al., 2003). With parents better able to early detect and respond to mental health problems in their children, the pressure on mental health services may be lessened. This can help address issues such as limited access to mental health services and long queues to get treatment.

The role of family education in educating parental awareness also has significant long-term implications. Children raised in families that are aware of the importance of mental health will be more likely to bring this understanding into their lives as adults. Thus, positive attitudes and practices related to mental health can be passed from generation to generation, creating more remarkable cultural changes related to mental health. No less important, the role of family education in educating parents' awareness of children's mental health emphasizes that mental health care is not only concerned with severe problems or crises. This creates an understanding that mental health is an integral component of children's Daily well-being and that prevention and treatment efforts can begin long before problems become severe.

It is worth remembering that the role of family education in educating parents' awareness of children's mental health is about providing information or instructions and changing attitudes and behaviors in everyday life. This means family education should focus on implementing practices that support mental health, such as promoting open communication, prioritizing time together as a family, and introducing strategies for coping with stress. It is also essential to recognize that each family has dynamics and challenges in caring for children's mental health. Parents with different backgrounds, experiences and situations may need an adapted approach. Family education approaches must be inclusive and diverse to meet the diverse needs of families.

Parents can play a proactive role in creating an environment that supports children's mental health, such as providing adequate time to play and relax, promoting good sleep patterns, and supporting children's involvement in activities that boost their confidence. In addition, parents should create a space where children feel comfortable talking about their feelings without fear of being judged

or punished. This can help children feel heard and supported in coping with any mental health issues they may be experiencing.

Aside from individual and family perspectives, Family Education also has broader social implications. Better mental health of children can positively impact their social and academic development. Children who feel secure and emotionally supported by parents tend to be more successful in interacting with peers and their academic achievement. Family education can also be essential in overcoming stigma against mental health in society. Parents who are educated and aware of their children's mental health tend to be more open to talking about these issues, which can help reduce stigma among their peers and the community.

Family education should also highlight the importance of self-care for the parents themselves. Caring for children's mental health also means that parents must care for their mental health. Parents who feel overly stressed or have mental health problems must also seek help and support. This is an essential part of maintaining the overall mental health of the family. Furthermore, the role of family education in educating parents' awareness of children's mental health should also consider cultural and background differences. Families with different locations may have different views and practices about mental health. Family education must be sensitive to this diversity and respect cultural and religious values that may influence thoughts on mental health.

In family education efforts about children's mental health, it is essential to emphasize the importance of listening to children with empathy. Children often have feelings, worries and experiences they want to share with their parents. Therefore, parents must create a space to listen to their children with attention and empathy without neglecting or belittling their feelings. In addition, the role of parents in creating a family environment that supports children's mental health also includes helping children manage pressure and stress (Ginsburg & Health, 2007). Modern life often has high demands, including school, extracurricular, and social. Parents can help children develop healthy coping skills, such as relaxation techniques or time management, to cope with the pressure.

Furthermore, in family education about children's mental health, discussing the role of exercise and physical activity in mental health is essential. Studies have shown that regular physical activity can help reduce stress, improve mood, and improve overall mental health. Parents can encourage their children to lead an active lifestyle and participate in sports or physical activities that they enjoy. It is also essential to teach children about maintaining healthy social relationships. Strong social connections with friends, family, and community can provide crucial emotional support in coping with mental health problems. Parents should help their children understand the importance of sharing their feelings and talking to people they trust.

In family education about children's mental health, it is also essential to convey that there is no shame in seeking help if necessary. Parents should point out that seeking support from a mental health professional is wise if the child is experiencing severe mental health problems. It helps remove the stigma still associated with mental health. Empowering parents with the appropriate knowledge, skills, and understanding can help children grow and develop with good mental health. This is an essential step towards a more caring, understanding and supportive society for children's mental health, and it will have a long-term positive impact on future generations.

### **Early Detection of Mental Health Disorders in Children**

Early detection of mental health disorders in children is crucial in maintaining their psychological and emotional well-being. Children, like adults, can also experience serious mental health problems, and the first signs often appear early. Therefore, parents, caregivers, and educators have an essential role in recognizing symptoms and signs that may indicate mental health problems in their children. It is necessary to understand that the symptoms of mental health disorders in children can differ significantly from those in adults. Children may not yet have the verbal skills or ability to express their feelings clearly so symptoms may be more subtle and complex. Some common signs include changes in a child's behavior or mood, such as excessive anger, persistent feelings of sadness, or inability to interact with peers appropriately.

In the early detection of mental health disorders in children, it is essential to understand that changes in a child's behavior are not always a sign of a mental health problem. Children may experience changes in mood or behavior as part of their normal development. However, if the change lasts too long, looks extreme, or interferes with the child's daily functioning, it needs to be a cause for concern. In addition to behavioral changes, physical changes can also be signs of mental health disorders in children. For example, sleep disorders or excessive or deficient eating can indicate mental health problems (Karimullah, Riandi, et al., 2022). Children who experience extreme stress or anxiety may also experience physical symptoms such as abdominal pain or headaches without apparent medical cause.

To detect early mental health disorders in children, it should be noted that effective communication is one of the keys. Children may be unable to articulate their feelings in words, especially at a younger age. Therefore, parents and caregivers must understand that expressing a child's emotions may come through actions or body language. Creating a safe and stress-free space where children can discuss their feelings is also essential. This means making sure that the child feels heard without being judged and that they can talk about anything that might bother

them. Parents should be willing to answer the child's questions honestly and provide the necessary support.

The role of educators and schools is also vital in the early detection of mental health disorders in children. Teachers often have a unique insight into the behavior and feelings of children in the school environment. Therefore, they should be trained to recognize the early signs of mental health problems and have knowledge of the resources available to provide support. In addition, Education to parents about children's mental health can also include an understanding of risk factors that may affect children's mental health. The family environment, childhood experiences, and stressful situations in a child's life can significantly impact their mental health (Polese et al., 2022; Uddin et al., 2020). Parents need to know how these factors can affect their child and create a supportive environment.

To detect early mental health disorders in children, it is essential to note that the risk factors associated with mental health problems can vary widely. These factors include genetics, environment, and childhood experiences. Therefore, parents and caregivers should understand that some children may be more prone to mental health problems than others. In this case, parents need to get to know their family and understand the history of mental health in the family. If there is a history of mental health disorders in the family, children may have a higher risk of developing similar problems. This does not mean their fate is predetermined, but it becomes an even greater reason to monitor their mental health carefully. In addition, it is essential to recognize that childhood experiences, especially those involving trauma or severe stress, can contribute to developing mental health problems in children. Incidents such as parental divorce, loss, or other traumatic experiences can increase the risk of mental health problems. Therefore, parents should pay special attention to changes in the child's behavior or emotions after such incidents.

Education can also focus on understanding the different types of mental health disorders that may affect children. These include anxiety disorders, depression, behavioral disorders, eating disorders, and many others. Parents and caregivers need to know the common symptoms of these disorders and how to recognize them in their children. The role of Education also includes the importance of seeking professional help if necessary. Suppose a parent or caregiver feels their child may be experiencing a severe mental health problem. In that case, they should be prepared to seek help from a child psychologist or other mental health professional. Seeking help early can help your child get appropriate treatment and avoid more serious complications later in life.

Furthermore, it is necessary to understand that early detection of mental health disorders in children is not only about recognizing symptoms but also about creating an environment that favors the development of positive mental health. It



involves a holistic approach to supporting children's well-being. Creating a healthy and open relationship between the parent or caregiver and the child is essential. Good communication is the key to understanding the feelings and feelings of the child. Parents should be good listeners, ready to listen when the child wants to talk, and not ignore or judge their feelings. In an open relationship like this, children will feel more comfortable discussing their feelings and asking for help. In addition, it is essential to create a stable and balanced daily routine for the child. Sleep disorders or irregular eating can affect a child's mental health. Therefore, parents should pay special attention to ensuring the child gets enough sleep and eats healthily. It also involves setting healthy playtime and screen time boundaries so that the child has time to rest and interact socially.

Family education about early detection of mental health disorders in children should also include understanding how to create a less stressful environment. Excessive stress can hurt the mental health of the child. Therefore, parents should strive to create a safe, supportive and affectionate environment at home. This includes keeping family disputes constructive and providing emotional support when needed. In addition, the role of family education also includes teaching children about stress management skills and healthy emotions. In the face of pressure or problems, children need to understand how to deal with their feelings positively, such as talking about their feelings, doing sports or physical activities, or using relaxation techniques. Parents can set a good example by showing how to manage stress in everyday life.

Parents and caregivers should be involved in their child's social life, listening to stories about their friends and interactions at school. It helps parents understand how their child interacts with others and identify if there are any social issues or stresses that might be affecting their mental health. Furthermore, in the early detection of mental health disorders in children, it is essential to understand that each child is unique, and the response to stress or change may vary. What may be a source of anxiety for one child may not apply to another. Therefore, it is essential not to ignore or underestimate the child's feelings or concerns, even if they seem trivial. In addition, the role of family education also includes understanding how to support children in the face of changes in their lives. Transitions such as entering a new school, moving house, or changes in family life can be a source of stress for children. Parents should provide extra support during these periods and help their children adapt to changes.

Parents who understand the importance of self-care, including regular exercise, adequate sleep, and positive ways to cope with stress, will set a positive example for their children. This can help children understand that maintaining mental health is essential to a balanced and happy life. Furthermore, in family education about the early detection of mental health disorders in children,

addressing the stigma still associated with mental health problems is essential. Children need to know there is no shame in seeking help if they are experiencing mental health problems. Parents should help remove this stigma by talking openly about mental health and supporting treatment efforts. It is also important to emphasize the importance of strong social connections in maintaining children's mental health. Healthy relationships with friends, family, and community can provide much-needed emotional support. Parents should encourage their children to maintain and strengthen these connections and establish healthy relationships.

In the context of early detection of mental health disorders in children, it is also essential to understand that each child is a unique individual. This means that signs or symptoms of mental health problems can vary significantly between one child and another. Some children may show more noticeable symptoms, while others may try to hide their feelings. Therefore, parents, caregivers and educators must develop a deep understanding of their children. It involves observing changes in behavior or emotions that may occur in the child individually. Parents should be good listeners and open space for the child to talk about their feelings, even if they have difficulty expressing them in words.

The role of family education in the early detection of mental health disorders in children also involves recognizing the difference between regular changes and alarming signs. Children may experience changes in mood or behavior as part of their development (Cole et al., 2004; Karimullah, Amin, et al., 2022). However, if these changes last too long, are extreme, or interfere with your child's day-to-day functioning, they cause concern and require further evaluation. Then, in the early detection of mental health disorders in children, remember that the symptoms that appear in children may not only result from mental health problems. Some medical conditions or environmental factors can also cause changes in a child's behavior or emotions. Therefore, it is essential to consult visible changes with a health professional, such as a pediatrician or child psychologist, to exclude possible physical or environmental causes.

Furthermore, it is essential to create an environment that supports the child in talking about their feelings. Parents, caregivers, and educators should create an atmosphere where children feel safe to express their feelings without fear of being judged or ignored. It involves appreciating the child's feelings and providing the necessary support when they need help dealing with stress or mental health problems. A sensitive and proactive approach can help children grow and develop with good mental health, as well as provide the necessary support if they are facing mental health problems. This is an essential step towards a more caring, understanding and supportive society for children's mental health.

### **The Impact of Early Detection on Treatment and Care**

Early detection of mental health disorders in children significantly impacts their treatment and care. In this case, time is a critical aspect that must be considered. The sooner a mental health problem is detected, the sooner appropriate intervention and treatment can begin. This is important because mental health problems in children if not appropriately addressed, can have a long-term impact on their development. Children can receive treatment that suits their needs when mental health disorders are detected early. This may involve counseling, behavioral therapy, or treatment with medications, depending on the type and severity of the diagnosed mental health disorder. Starting therapy early can help reduce symptoms, resolve problems, and give children better stress management skills.

Early detection also provides an opportunity to involve parents and families in child care (Gilliver et al., 2013). Parents can play an essential role in supporting the child during the treatment process, providing emotional support, and practicing the skills taught in therapy. Collaboration between parents, children, and mental health professionals can strengthen the effectiveness of treatment and help children cope better with mental health problems. In addition, early detection can reduce the risk of further complications. Mental health disorders that are not treated or not treated properly can develop into more severe problems over time. For example, untreated anxiety disorders can interfere with a child's social development, while untreated depression can negatively affect their academic performance. By detecting and treating these problems early, we can prevent more severe complications in the future.

School can also be an essential place to monitor children's mental health development regularly. Trained educators can observe behavior or academic performance changes that may indicate mental health problems. This allows for faster intervention and coordination with parents to provide appropriate support. Furthermore, detecting it early can help prevent more severe consequences at school. Children with untreated mental health problems may face difficulties achieving their academic potential, increase the risk of inappropriate behavior, or experience social isolation. By detecting and addressing these issues early, we can help children stay in a positive and supportive learning environment. Furthermore, the role of schools in early detection also includes creating an environment that supports overall mental health. School programs that promote mental health, such as stress management skills training or emotional support, can significantly benefit the entire student population (Betancourt et al., 2013; Fenwick-Smith et al., 2018). This creates a school culture that cares about mental health and reduces the stigma associated with mental health problems.

Children who get proper mental health care and support early on have a better chance of growing and developing into more emotionally balanced

individuals. They can develop stress-handling solid skills, learn to cope with problems more effectively and build a stable mental health foundation. In the long run, detecting it early can also reduce the risk of more serious mental health problems in the future. For example, by addressing anxiety disorders or depression early on, we can help the child avoid complications if the problem is left untreated. This includes the risk of having a more severe mental health disorder or the threat of self-destructive behavior.

Furthermore, detecting it early can also help children develop a better understanding of their mental health. This can help them become more aware of their feelings and emotions and recognize signs when they need additional help or support. This better self-awareness can be invaluable in leading a mentally healthy life in adulthood. In addition, the role of family and school education in early detection can also positively impact the community as a whole. When parents, educators, and health professionals work together to support children's mental health, society is more caring and supportive. This can reduce the stigma associated with mental health issues and create a more inclusive culture.

When children get help coping with mental health problems, they can learn better interpersonal skills, such as effective communication, empathy, and problem-solving in social relationships. This helps them build more positive and healthy relationships with others, which is essential to their emotional well-being. In addition, the impact of early detection can also affect children's academic achievement. Untreated mental health disorders can impair children's concentration, motivation, and learning ability. By detecting these problems early, children can receive the support and adjustment they need at school. This can help them achieve their academic potential and reduce the risk of decreased academic achievement caused by mental health problems.

Furthermore, it is essential to note that early detection of mental health disorders in children also positively reduces the long-term costs associated with mental health care. Mental health disorders that are not correctly identified or treated at an early age can result in more expensive treatments in the future (Coles & Coleman, 2010; Freeman et al., 2017). This may involve hospital treatment, more intensive therapy, or longer pharmacological treatment. By detecting mental health problems early, we can prevent future increases in the cost of mental health care. Early intervention is often more effective and cheaper than treatment when the problem has already reached a more severe level. Therefore, early detection is not only an investment in the well-being of children but also an investment in the efficiency of the health care system.

Furthermore, early detection of mental health disorders in children also positively impacts the productivity of society as a whole. When children receive appropriate and effective mental health care, they grow into more productive and

contributive individuals. They have a greater chance of pursuing their education, career, and life goals without being too distracted by mental health issues. Furthermore, early detection can reduce the burden borne by families of children with mental health disorders. Parents and families often struggle to care for children experiencing severe mental health problems. By detecting issues early, we can better support families and prevent prolonged stress.

Children who experience mental health problems that are not appropriately treated have a higher risk of developing other issues, such as substance abuse, risky behavior, or legal issues. By detecting mental health problems early, we can reduce the risk of children engaging in behaviors that harm themselves or others. Furthermore, early detection can also help prevent tragic events such as suicide in children and adolescents. Many children who experience serious mental health problems feel isolated and hopeless. When these problems are not detected, the risk of suicide may increase. However, with appropriate and supportive interventions, we can give hope to children experiencing difficulties and avoid such tragedies. Furthermore, early detection also has the potential to reduce the pressure borne by the criminal justice system. Many children involved in legal matters have mental health issues underlying their behavior. By detecting and addressing these mental health issues early, we can reduce the number of children involved in the criminal justice system and focus more on treatment and rehabilitation rather than punishment.

Furthermore, early detection of mental health disorders in children also has a positive impact on promoting social and economic well-being more broadly. Children who grow up with good mental health will likely become more productive and contributive members of society. They have a better chance of pursuing a higher education, achieving a fulfilling job, and contributing to their community's social and economic development. In this case, early detection can also contribute to the formation of qualified human resources. Children who receive appropriate and effective mental health care tend to have better cognitive development, more vital learning abilities, and higher creativity. They are also more likely to develop good social skills, such as collaboration and leadership, which are invaluable in contributing to the progress of society.

Furthermore, this positive impact can also reduce the pressure on the health system. When mental health problems are not detected or treated correctly, this can result in increased visits to hospitals or mental health facilities, which strains the health system and available resources. By detecting problems early, we can reduce this pressure and ensure that mental health resources are available to those who need them. Furthermore, early detection also plays a role in creating a more inclusive and Caring Society for mental health. It helps reduce the stigma often associated with mental health issues, opens up a more open dialogue, and increases

understanding of the importance of mental health across communities. With joint efforts, it can create a better world for future generations.

### **CONCLUSION**

Family education plays a vital role in the early detection of signs of mental health disorders in children. The family is the first and foremost environment for a child. Through proper education, parents can be effective agents in observing changes in behavior or emotions that may indicate mental health problems. Parents' awareness of the signs of mental health disorders in children is an essential first step in detecting problems early. This can broadly create a supportive environment at home, school, and society. Early detection of mental health disorders in children is a concrete effort to maintain their well-being and prevent complications that may arise in the future. In addition, this study also underlines the importance of early detection in reducing long-term economic burdens, encouraging community productivity, preventing social problems, and even saving lives through suicide prevention. Adopting a holistic approach involving all parties, from families and schools to government, can create a solid foundation to support children's mental health and ensure a brighter future for them and society.

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