

# LEAD & *Mental Health*

## CHILDHOOD LEAD EXPOSURE CAN CAUSE:



**Hearing and  
speech problems**

**Brain and nervous  
system damage**

**Slowed growth and  
development**

### Sources of lead include:

- Chipping and peeling paint
- Soil
- Water from lead pipes
- Imported candy and toys
- Folk remedies
- Ceramic and pottery dishes

**Lead can also impact your child many years later.** Children exposed to lead when they are young are at an **increased risk** of developing a mental disorder when they are older, **such as:**



**Anxiety**



**Depression**



**ADHD**

**If you think your child(ren) may have been exposed to lead, ask  
their doctor to give them a blood lead test**



Learn more:  
[www.vdh.virginia.gov/leadsafe/](http://www.vdh.virginia.gov/leadsafe/)

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Virginia Childhood Lead  
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