



Selective Mutism

What Is Selective Mutism?

A child who has selective mutism consistently fails to speak in certain social situations where there is a natural expectation to speak. However, he/she is able to speak in other contexts.

Selective mutism may vary according to the context (in public, at school, etc.) or to the people present (with adults, peers, strangers, etc.).



Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.

Signs and Symptoms / When to Seek Help

A child who has selective mutism :

- Has difficulty speaking when spoken to ;
- Is slow to answer a question ;
- Smiles very little ;
- Avoids eye contact ;
- Has a high and immediate level of anxiety when faced with the anxiety inducing situation ;
- Avoids anxiety-provoking situations ;
- Feels a disproportionate amount of anxiety compared to the situation and the sociocultural context ;
- Sees an impact on his/her academic or professional performance.



References : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson. Bérubé, G. (2019). *10 questions sur... le mutisme sélectif chez l'enfant*. Midi Trente Éditions.



Livres / Books

Bérubé, G. (2019). *10 questions sur... le mutisme sélectif chez l'enfant*. Midi Trente Éditions.

Couture, N., & Marcotte, G. (2011). *Incredible-moi maîtrise son anxiété*. Midi Trente Éditions.

Huedner, D. (2009). *Champion pour maîtriser ses peurs / What To Do When You Worry Too Much*. Magination Press.

Huedner, D. (2017). *Outsmarting Worry : An Older Kid's Guide To Managing Anxiety*. Jessica Kingsley Publishers.

Snel, É. (2015). *Calme et attentif comme une grenouille. La méditation pour les enfants... avec leurs parents*. Les Éditions Transcontinental.



Internet

<https://ouvrirlavoix.fr/>

https://childmind.org/search/?fwp_term=selective%20mutism

<https://www.selectivemutismfoundation.org/>

<http://www.selectivemutism.org.uk/>

<https://selectivemutismuniversity.thinkific.com/>

<https://www.asha.org/public/speech/disorders/selective-mutism/>



Ressources / Resources

Ligne Parents (24/7) : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Tel-Jeunes (24/7): 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

Jeunesse, J'écoute - Kids Help Phone (24/7): 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

Suicide Action Montréal (24/7): 1-866-277-3553, <https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7): 514-768-7225, <https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7): 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885, <https://info@asmfmh.org>

