

Mental Health

Issue 2

Anxiety



Symptoms of anxiety:

- Feeling restless, wound up, or on-edge
- Being easily fatigued
- Having difficulty concentrating; mind going blank
- Being irritable
- Having muscle tension
- Difficulty controlling feelings of worry
- Having sleep problems

Coping skills to help with anxiety:

- Take a time out
- Get enough sleep
- Take deep breaths
- Count to 10 slowly
- Accept that you cannot control everything
- Talk to someone
- Learn what triggers your anxiety

- "One small crack does not mean that you are broken, it means that you were put to the test and you didn't fall apart." — Linda Poindexter

The different Types of Anxiety Kids can struggle with?

- Separation Anxiety
- Generalized Anxiety
- Social Anxiety
- Selective Mutism
- Obsessive Compulsive Disorder
- Specific Phobias

How Does Anxiety Affect Kids in School?

- Anxiety is often confused with stomach aches, ADHD, and or learning disorders.
- Anxiety in kids at school can lead to:
 - Attendance Issues**
 - Lack of Focus**
 - Restlessness**
 - Disruptive Behavior**
 - Shutting Down/Freezing**
 - Avoiding Group Work**
 - Not Turning in Work**
 - Frequent Trips to Nurse**

Full article can be found on childmind.org

National Suicide prevention lifeline:

Available 24/7, free and confidential support for people in distress. 800-273-8255

Locust Street Resource Center: Behavioral

health center, providing mental health services to all ages in central Illinois. 217-854-3166

CARES Hotline in need for SASS services:

Provides crisis services and referrals 24/7. 1-800-345-9049

SAMHSA's National Helpline: is a free,

confidential, 24/7, treatment referral and information service for individuals facing mental and/or substance use disorders. 1-800-662-4357

Lincoln Prairie Behavioral Health: Provides

outpatient counseling services and groups. Virtual is available. Accepts private insurance and Medicaid. 1-217-585-1180

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Or reach out to a teacher,
counselor, or social worker— we care
about you!