

# Anxiety

## Warning signs in youth and how to help

### Symptoms of anxiety

- Worrying
- Fear
- Repeated distressing thoughts
- Restlessness
- Fatigue
- Difficulty paying attention
- Irritability
- Changes in sleep, such as trouble falling asleep
- Feeling overwhelmed
- Panic attacks
- Fear of separation, social gatherings, or specific objects or situations
- Physical symptoms, such as headaches, stomachaches, nausea or muscle tension
- Avoiding or refusing to go to school

Anxiety and depression often occur together, so it's important to watch for signs of depression too.

### Symptoms of depression

- Depressed or low mood most of the day
- Feeling more irritable than usual
- Reduced interest in activities that were once enjoyable
- Change in appetite
- Sleeping more or less than usual
- Fatigue
- Loss of energy
- Feeling worthless or guilty
- Trouble concentrating or thinking
- Recurrent thoughts of death or suicide
- Talking about a plan for suicide

### How you can help

- Encourage the child to get consistent sleep and exercise
- Follow daily routines
- Stay calm and in control
- Reduce stress when possible

### Treatment can help!

Treatment could include therapy (like cognitive behavioral therapy), medication management or a combination of both.

### 24/7 crisis hotlines

- National Suicide Prevention Lifeline: **(800) 273-8255**
- Crisis Text Hotline: Text **"HOME"** to **741741**
- The Steve Fund text hotline for young people of color: Text **"STEVE"** to **741741**
- The Trevor Project for LGBTQ+ youth: **(866) 488-7386** or text **"START"** to **678678**
- Seven Counties Services Child Crisis Line: **(502) 589-8070**

**If a child or teen is thinking about or has tried harming themselves, call 911 or go to the nearest emergency department.**



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