

Intense worries or fears getting in the way of your daily activities?

It is important because it could mean that you are suffering from an anxiety disorder.



Anxiety disorders can affect people of all ages, including kids. In fact, anxiety is one of the most common emotional problems that kids have. The good news is that it is treatable!

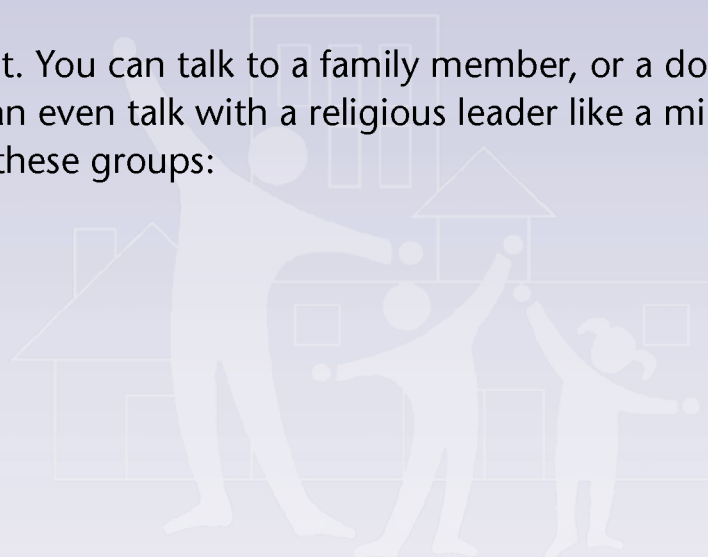
Most kids can get nervous, worried or anxious. It can be a problem when it stops them from doing normal activities, like going to school, making friends, or sleeping. Kids can also get anxious in different ways. Fears and worries can keep coming back and may be hard to control. These kids may have trouble concentrating or sleeping. They may also be fearful when around others, or have fears of being away from home.

Your doctor can tell you that kids who have anxiety disorders are not 1 in 1000—they are 1 in 10! Your feelings are an important part of your health. Talking with your doctor or family, will help you feel better.

If you have an anxiety disorder, it is time to take action!

To learn more, talk to an adult. You can talk to a family member, or a doctor. At school, you can talk to a nurse or a counselor. You can even talk with a religious leader like a minister, rabbi, priest, or a cleric. You may also contact one of these groups:

**Iowa Federation of Families
for
Children's Mental Health**
106 South Booth
Anamosa, Iowa 52205
319-462-2187
888-400-6302 Toll Free
help@iffcmh.org
www.iffcmh.org



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