



# Sycamore Springs is here for your students' mental health needs

The beginning of a new school year can be an exciting time for many students. However, it is also a big transition, and can be especially anxiety-provoking for children or adolescents challenged with mental illness. Our child and adolescent outpatient programs help students and families manage mental health symptoms that can arise as the new school year gets underway. These programs enable full participation in needed therapy, while incorporating educational services into the day so students don't fall behind in class. We offer a warm, compassionate environment where children and adolescents can build the skills they need to be successful in classroom and beyond.



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Everyone feels anxious or nervous from time to time, and often for good reason—there may a big test coming up, a school change, concerns about relationships with friends, feel self-conscious in certain situations, or have a very realistic fear of something. In most cases, anxious feelings pass relatively quickly.

Having anxious feelings is different than having an anxiety disorder. When you have an anxiety disorder, anxious feelings are extreme, can happen without warning or reason, have physical symptoms, and last for extended amounts of time.

### TYPES OF ANXIETY DISORDERS

There are many different types of anxiety disorders, but some of the most common are Generalized Anxiety Disorder, Phobias, Panic Disorder and Social Anxiety Disorder. Here are some of the signs for each:

#### ■ Generalized Anxiety Disorder

- Feelings of constant, exaggerated worry and tension
- Always expecting the worst
- Difficulty relaxing or sleeping
- Physical symptoms such as tiredness, trembling, muscle tension, headaches, irritability or hot flashes
- Tightness in your chest or knots in your stomach

#### ■ Phobias

- Being afraid of an object or situation that is actually relatively safe, but the thought of facing it brings on a panic attack or severe anxiety
- Intense fear of being humiliated or embarrassed in front of other people which keeps you from being social
- Having intense anxiety about being in places or situations that might make you feel helpless or trapped, often making it difficult to leave the house

#### ■ Panic Disorder

- Unexpected attacks of extreme terror which often have physical symptoms like shortness of breath or rapid breathing, shaking, choking sensation, sweating, and fast heart rate
- Feeling like you're losing control, going crazy, or dying
- Intense fear between attacks about when & where the next one will happen

#### ■ Social Anxiety Disorder

- Extreme fear of social or competitive situations
- Being terrified of humiliation, rejection, or being judged negatively
- Physical symptoms such as rapid heart rate, sweating, and racing thoughts at the idea of interacting with people or being in large groups

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31.9%

of young people, ages 13–18  
have an anxiety disorder

1/2

of young people, ages 11–17  
who took MHAs anxiety screen  
scored positive for severe anxiety

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**If your child is struggling, it's important to get help sooner rather than later.  
Call 24 hours a day, 7 days a week, for a confidential assessment.**



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