

Mental Health Minute

Anxiety in Children

When a child does not outgrow fears and worries that are typical in young children or they have many worries and fears that interfere with home, school, and peer relationships they may be showing symptoms of anxiety. Did you know that anxiety disorders are among the most common health conditions in childhood and adolescence and often begin before age 10? It is important to be looking for signs of anxiety in your children to work to prevent its negative effects.

Symptoms of anxiety: taking excessive breaks, sleep related difficulty, having trouble focusing, physical ailments with no medical basis, refusing to attend school, behavioral problems, seeking repeated or excessive amounts of reassurance, and discussing scary or threatening objects or situations regularly.

Types of anxiety



Separation: Being afraid when parents or trusted adults leave or are away

Phobias: Having extreme fear about a specific thing or situation such as going to the doctor or germs

Social anxiety: being afraid of being in situations that require interacting with others

General anxiety: being worried about the future and bad things happening

Panic disorder: Having repeated episodes of sudden unexpected, intense fear that come with symptoms like heart pounding,

Want more?

We offer a range of services, including therapy, social skills groups, and parent workshops. Learn more by calling or e-mailing using the contact information to the right

Contact information:

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