



Anxiety In Children and Adolescents

And the Impact of the Pandemic

Anxiety: What to look for

- Recurring fears and worries about routine parts of every day life
- Physical complaints, like stomachache or headache
- Trouble concentrating
- Trouble sleeping
- Fear of social situations
- Fear of leaving home
- Fear of separation from a loved one
- Refusing to go to school

Depression: What to look for

- Sadness
- Irritability
- Change in appetite
- Change in sleeping patterns (too much or too little)
- Loss of interest in activities
- Fatigue
- Feeling slowed down or "burned out"
- Excessive feelings of guilt
- Inability to concentrate

Depression: What to look for

- Indecisiveness
- Feelings of hopelessness and helplessness
- Recurring thoughts of death and suicide
- Physical complaints (stomachaches, headaches)
- Behavioral changes
 - Conflicts with family and friends
 - Decline in school performance
 - Inappropriate sexual activity
 - Use of alcohol or drugs

Impact of the Pandemic

- Economic Stress
- Social Isolation
- Decreased Access to Community & Religious Support
- Barriers to Mental Health Treatment
- Illness and Medical Problems
- Outcomes of National Anxiety
- Health Care Professional Suicide Rates
- Firearm Sales
- Seasonal Variation in Suicide Rates

Where to find help?

- Start with your pediatrician...



**DON'T
PANIC**