

# Children's Mental Health Matters!

a Maryland public awareness campaign

Facts For Families

## Anxiety Disorders

Children and adolescents with anxiety disorders experience extreme feelings of panic, fear or discomfort in everyday situations. Anxiety is a normal reaction to stress, but if the child's anxiety becomes excessive, irrational and he/she avoids feared situations that interfere with daily life, it may be an anxiety disorder.

Anxiety disorders are the most common type of mental health disorders in children, affecting nearly 13 percent of young people\*. Overall, nearly one quarter of the population will experience an anxiety disorder over the course of their lifetimes.\*\*

### Common types of anxiety disorders

#### Panic Disorders

Characterized by unpredictable panic attacks and an intense fear of future attacks. Common symptoms are heart palpitations, shortness of breath, dizziness and anxiety. These symptoms are often confused with those of a heart attack.

#### Specific Phobias

Intense fear reaction to a specific object or situation (such as spiders, dogs or heights) that often leads to avoidance behavior. The level of fear is usually inappropriate to the situation.

#### Social Phobia

Extreme anxiety about being judged by others or behaving in a way that might cause embarrassment or ridicule and may lead to avoidance behavior.

#### Separation Anxiety Disorder

Intense anxiety associated with being away from caregivers and results in youth clinging to parents or refusing to do daily activities such as going to school or sleepovers.

#### Obsessive-Compulsive Disorder (OCD)

Individuals are plagued by persistent, recurring thoughts (obsessions) and engage in compulsive ritualistic behaviors in order to reduce the anxiety associated with these obsessions. (e.g. constant hand washing).

#### Post-Traumatic Stress Disorder (PTSD)

PTSD can follow an exposure to a traumatic event such as a natural disaster, sexual or physical assault, or witnessing the death of a loved one. Three main symptoms are reliving a traumatic event, avoidance behaviors and emotional numbing, and physiological problems such as difficulty sleeping, irritability or poor concentration.

#### Generalized Anxiety Disorder (GAD)

Experiencing six months or more of persistent, irrational and extreme worry about many different things, causing insomnia, headaches and irritability.

#### How it affects my child

Children and adolescents with anxiety are capable of leading healthy, successful lives. If anxiety is left undiagnosed, youth may fail in school, experience an increase in family stress and disruption, and have problems making or keeping friends. To avoid these harmful consequences, early identification and treatment are essential.

#### What can we do about it?

**Take your child to a mental health professional if an anxiety disorder is suspected.**

- Consult with teachers and school so that social issues can be monitored and addressed.

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

coordinated by

mhamd   
MENTAL HEALTH ASSOCIATION OF MARYLAND

MCF  
maryland coalition of families

[www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)

Once diagnosed, caregivers should consult with the health care expert on how best to provide for the child's needs, which may include:

- Practicing relaxation techniques at home as recommended by the clinician
- Encouraging your child to approach, rather than avoid, feared situations so that he or she can experience success and see that nothing bad is going to happen
- Learning about your child's anxiety disorder so that you can be their advocate
- Consulting with teachers and school psychologists so that the child's special needs can be met in school
- A prescription of medication, for a period of time, to relieve anxiety. Ensure that your child receives their medication at the same time every day.

**Specific strategies that can be used at home include:**

- Be predictable.
- Provide support and comfort, remembering to encourage all of the child's efforts.
- Never ridicule or criticize the child for becoming anxious. Although there may be no logical danger, these feelings are real to the child.
- While avoiding coercion, break up fearful tasks into smaller, more manageable steps.
- Avoid constantly reaffirming to your child that everything will be okay. It is important that he/she learn that they are capable of reassuring themselves and devise ways to do so.
- Do not attempt to eliminate all anxious situations for your child. Children with anxiety disorders must learn that it is normal to experience some anxiety.
- Create a mutual plan with the child to address their needs, letting them set the pace for their recovery.

\*<https://store.samhsa.gov/product/The-Comprehensive-Community-Mental-Health-Services-for-Children-with-Serious-Emotional-Disturbances-Program-2017-Report-to-Congress/PEP20-01-02-001>

\*\*[http://www.freedomfromfear.org/aanx\\_factsheet.asp?id=10](http://www.freedomfromfear.org/aanx_factsheet.asp?id=10)

## Resources/Links

### **Children's Mental Health Matters!**

*Facts for Families – First Steps in Seeking Help* (included in this kit)

### **Anxiety Disorders Association of America**

This site assists those with anxiety disorders with finding a therapist, understanding their disorder and treatment recommendations, and offers inspirational stories and support groups. It has a special section devoted to children and adolescents.

<http://www.adaa.org>

### **American Academy of Child & Adolescent Psychiatry**

This site contains resources for families to promote an understanding of mental illnesses.

<https://www.aacap.org>

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/The-Anxious-Child-047.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx)

### **National Institute of Mental Health**

NIMH strives to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure. Visit NIMH for information on clinical trial and mental health information, statistics and resources.

<http://www.nihm.nih.gov>

**Worry Wise Kids** lists the red flags that can alert parents to each individual anxiety disorder and details the steps parents can take if they suspect their child suffers from an anxiety disorder and supplies parenting tips for helping anxious youth.

<http://www.worrywisekids.org>

MHAMD ~ 443-901-1550 ~ [www.mhamd.org](http://www.mhamd.org)

MCF ~ 410-730-8267 ~ [www.mdcoalition.org](http://www.mdcoalition.org)

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)