

## This Quarter's Mental Health Topic:

### *Anxiety*

Anxiety is a normal part of childhood that can be brief and is usually harmless. Some anxiety can help children push themselves to do well in school and at home. We can also expect children to be anxious about an upcoming test or when experiencing new situations. However, 1 in 8 children are effected by an anxiety disorder.

An anxiety disorder is characterized by excessive worrying. Other symptoms can include panic attacks, school refusal, fear of separation from parents/caregivers, and fear of social situations. There are also children who have anxiety about specific things or situations which are called phobias.

So what can we do? The first step is recognizing potential concerns relating to mental health in our children and students. The Watertown City School District takes pride in working together with our community.



## Did you know?

Samaritan Behavioral Health Outpatient Clinic and Community Clinic have walk-in hours where you or your child can see a mental health professional without an appointment. Walk in hours are:

Samaritan	Community Clinic
315-779-5060	315-782-7445
Mon-Thurs	Mon-Fri, not on Thurs
8am-12pm	9am-3pm

## What are some signs that my child may have an anxiety disorder?

- Often feels anxious or worried
- Fear of being alone
- Picking at skin
- Nail biting
- Easily startled
- Suddenly avoiding social contact
- Frequent urination
- Has frequent stomachaches or headaches with no physical explanation
- Has trouble sleeping
- Avoids spending time with friends
- Is very critical of self
- Hair pulling
- Avoiding or shutting down when taking tests
- Has trouble doing well in school, or grades decline
- Arranging objects "just so"
- Excessive hand washing or other grooming behaviors
- Refusing to go to school or having problems at school drop off
- Avoiding group work or presentations in school
- Panic attacks which include difficulty breathing, racing heart, sweating, chest pain, and needing to escape
- Checking and re-checking homework excessively



# I'm concerned about my child

If you have observed some of the symptoms from the previous page, we at the Watertown City School District are here to help!



## Treatment for Anxiety

Research has shown that the best treatment for anxiety is therapy or potentially a combination of medication and therapy.

Cognitive Behavior Therapy (CBT) is an evidence-based therapy that has proven to help decrease anxiety symptoms. The idea is that how we think and act both affect how we feel, so if we change our anxious thoughts and behaviors, we can feel better. This therapy uses techniques such as exposure and response prevention.

## Talk to outside providers!

Contact your child's pediatrician or other health care providers to seek further information about the behavior or symptoms that worry you. Call a mental health clinic to have your child be seen by a mental health professional for an assessment.

Visit our Student and Family Resources page for more resources in our community:

<https://www.watertowncsd.org/domain/1405>

## Communication is important!

Please consult one of our school counselors, school nurses, home school coordinators, or your child's teacher(s) to discuss these concerns. We are better able to help your child if we know what is going on.

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|---------------------|------------------------|
| WHS: 315-785-3800   | Ohio: 315-785-3755     |
| Case: 315-785-3870  | Starbuck: 315-785-3765 |
| Wiley: 315-785-3780 | North: 315-785-3750    |
| Knick: 315-785-3740 | Sherman: 315-785-3760  |

## Some helpful numbers

Crisis Response

315-782-2327

Available 24/7 for crisis intervention

Samaritan Emergency Department

315-785-4102

Emergency Psychiatric Evaluations

National Suicide Prevention Hotline

800-273-8255

Available 24/7

## Outpatient Mental Health Clinics

Community Clinic

315-782-7445

Samaritan Behavioral Health

315-779-5060

Child and Adolescent Wellness Clinic

315-779-7170

North Country Children's Clinic

315-782-6400

Carthage Behavioral Health

315-493-3300

Transitional Living Services

315-782-1777