



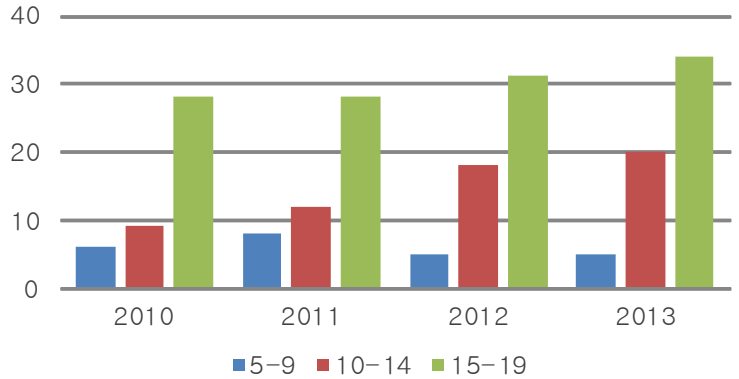
Anxiety In Children



The Facts

- Anxiety disorders affect 1 in 8 children.
- Females are twice more likely to be affected.
- 80% of kids diagnosed with anxiety are not getting treatment.
- **Untreated anxiety** can lead to poor school performance, missing out on important social experiences, and engaging in substance abuse.

Anxiety in School Age Children, Hendricks County Residents, 2010 – 2013



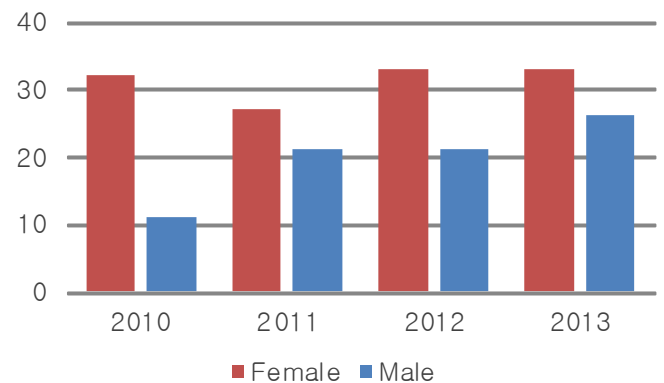
Risk Factors

- Shyness or behavioral inhibition
- Being Female
- Having few economic resources
- Exposure to stressful life events
- Parental history of mental disorders

Tips and Coping Skills for Parents

- Pay attention to your child's feelings.
- Stay calm when your child becomes anxious about a situation or event.
- Recognize and praise small accomplishments.
- Don't punish mistakes or lack of progress.
- Be flexible, but try to maintain a normal routine.

Anxiety in School Age Children, Hendricks County Residents, 2010–2013



Data sources : <http://www.adaa.org/living-with-anxiety/children> and <http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml> and Indiana Hospital Discharge Data

DR 2857



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