Signs of stress and anxiety in youth

It’s not always easy to tell if your children or students are simply having a bad day or are instead experiencing signs of stress and anxiety due to the pressure or uncertainty of going back to school.

Learn how to identify these signs and remember that it’s always important to keep open communication with your child or student.

- Being easily or constantly alarmed or startled
- Being excessively tired or fatigued
- Having a hard time resting or sleeping
- Inability to concentrate or relax
- Complaining of stomach aches, feeling unwell or physical pain
- Clingy behavior, becoming irritable or tearful

Learn more at crisistextline.org/school

Need support? Text SCHOOL to 741741