

CRISIS TEXT LINE |

Text a Crisis Counselor at 741741

FREE and CONFIDENTIAL

Anxiety?

People can feel anxious about a lot of things: the first day of school, a job interview, a first date. Anxiety is that pang of “what if” that makes your heart race and your palms sweaty. There’s a difference between healthy anxiety and a paralyzing fear about the future. **Struggling? Text a Crisis Counselor at 741741**

If you’re experiencing anxiety, know that **you’re not alone**. Anxiety disorders are among the most common mental health disorders in the U.S. They affect over 40 million adults every single year. Kids experience them too: over 25% of people between 13 and 18 live with anxiety today

Symptoms: It’s different for everyone. According to the National Institute of Mental Health, some symptoms can include:

- Feeling restless, wound-up, or on-edge
- Hyperactivity
- Trouble sleeping
- Fatigue
- Difficulty concentrating
- Irritability
- Muscle tension
- Difficulty controlling feelings of worry