

## WHAT

**Anxiety disorders** are the most common mental health concerns among children and adolescents. Feeling nervous, anxious, worried or fearful is common among children and adolescents. However, when they are worried all of the time or when their anxiety is disproportionate to the situation and doesn't subside with sensible reassurance, an anxiety disorder may exist. Symptoms are extremely varied, but can often cause significant distress and a reduced level of functioning and competency.

## WHO

Children and teens may require therapeutic intervention if they experience persistent and intense anxiety that disrupts daily routines and functioning.

## FOR?

Common anxiety disorders include:

- Panic disorder
- Obsessive-compulsive disorder
- Social anxiety & phobia
- Generalized anxiety disorder
- Separation anxiety
- Specific phobias
- Social



WHY

Untreated anxiety disorders can have serious negative consequences on your child's development and self-esteem. It often strains family relationships, impacts school performance and social functioning, and leads to more serious mental and physical health problems. By identifying, diagnosing and treating anxiety disorders early, parents and caregivers can help children reach their full potential.

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*"Anxiety disorders are treatable."*

WHERE?

**LOTUS CLINICS AT KIDSTLC**  
401 S. Clairborne Road, Suite 302  
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- **For referrals & more information:**  
913.324.3658
- **KidsTLC Main Office:**  
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ANXIETY