

## INTERVENTION RESOURCE

### Recognizing Possible Mental Health Problems: Anxiety

**Quick Description:** Links to a fact sheet, brochure, and infographic with information about anxiety and stress. The resources provide information on types of anxiety, and symptoms, supports, and treatments. The information can help school staff and parents identify students who could benefit from talking to a mental health professional or from getting help managing stress.

**Major Objectives:** Empower school staff and parents to understand anxiety and recognize potential symptoms in students so they can recommend referral to a mental health professional if appropriate.



The fact sheet, brochure, and infographic are part of a series of informative, user-friendly, mental health resources from the National Institute of Mental Health (NIMH), which are available for free and searchable at <https://www.nimh.nih.gov/health/publications>. The resources are available in both English and Spanish.

Link to 2-page fact sheet for teenagers about stress, anxiety, the difference between them and how to manage them:

<https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>

Link to a 1-page infographic for teenagers about stress and anxiety:

[https://www.nimh.nih.gov/sites/default/files/documents/health/publications/so-stressed-out-infographic/imsostressed-infographic-508\\_1.pdf](https://www.nimh.nih.gov/sites/default/files/documents/health/publications/so-stressed-out-infographic/imsostressed-infographic-508_1.pdf)

Link to an 8-page brochure describing symptoms and types of anxiety, treatments, and self-care:

[https://www.nimh.nih.gov/sites/default/files/documents/health/publications/generalized-anxiety-disorder-gad/22-MH-8090\\_GAD.pdf](https://www.nimh.nih.gov/sites/default/files/documents/health/publications/generalized-anxiety-disorder-gad/22-MH-8090_GAD.pdf)

#### *Clip from fact sheet*



*Note: These resources are NOT used to make a diagnosis of anxiety. They promote understanding of anxiety and its symptoms, and in some cases may suggest that a student should talk to a mental health professional.*