



What is Anxiety?

All children can experience anxiety from time to time. Anxiety in children is often expected at specific developmental stages. For example, preschoolers may show distress (anxiety) at times of separation from their parents or close contacts.

Some children and adolescents can become overly anxious. This anxiety or worry may begin to interfere with activities of daily living. **At Jeffers, Mann, and Artman, we have experience helping children, adolescents and their parents manage their symptoms. As a parent you play an important role in providing treatment to enable your child's success.**

What are the symptoms?

A child with anxiety may have one or more of these symptoms:

1. Constant thoughts or fears about the safety of parent or caregivers.
2. Refusing to go to school.
3. Frequent stomachaches or other physical complaints.
4. Trouble sleeping or nightmares.
5. Avoidance of social situations.
6. Fears are causing significant distress and interfering with usual activities.



How is anxiety treated?

Early treatment can prevent future difficulties, such as loss of friendships, failure to reach social and academic potential, and feelings of low self-esteem.

Treatments may include a combination of the following: Psychotherapy, Behavioral Therapy, Family Therapy, and medication. Your Healthcare Provider can provide you with resources for referral.

Medications known as SSRIs such as Fluoxetine (Prozac), Sertraline (Zoloft), Escitalopram (Lexapro) are often prescribed. Your Healthcare Provider will select the best medication for your child and discuss any possible side effects.

How is Anxiety Diagnosed?

You may be the first to notice symptoms of anxiety. During routine visits, your Healthcare Provider will ask questions such as:

How are you sleeping?

How are you getting along with friends and family members?

Are you active in outside activities?

Do you worry about things before they happen?



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