**How to Support Your Child with Anxiety**

### What is Anxiety?

Feelings: (fear or worry) + Behaviors: (avoiding or withdrawing) + Body Responses: (fast heartbeat, short breaths, etc.) = Anxiety

At times, we all have anxiety. Anxiety can warn us of threats, guard us from danger, and help us reach our goals. However, anxiety can become a concern if one is worrying much of the time, avoiding fun activities, or not going to school.

### Supports at Home

#### Feel Our Feelings
- Anxiety can feel like butterflies in your stomach, a fast heartbeat, etc.
- Help your child know how her/is anxiety feels by asking these questions:
  - Where do you feel worry/fear in your body?
  - What happens to your body when you begin to feel worried?

#### Connect Feelings to Thoughts
- When we feel anxious, we may have unhelpful thoughts about ourselves.
- Help your child understand her/is unhelpful thoughts.
  - Example of negative thought: *I am about to give a presentation, everyone is going to make fun of me.*

#### Different Thoughts
- When we know our unhelpful thoughts, we can stop them with helpful thoughts.
  - Example of a helpful thought: *It’s alright to be nervous, I worked hard on this presentation and I am ready!*
  - With your child, make a list: *Instead of saying this (phrase), I can say this (phrase).*

#### Problem Solve
- Help your child learn how to problem solve by asking these questions:
  - What could someone do to make this less scary?
  - Which options are useful?
  - Are any options NOT helpful?
  - What might be the best option?

### How to Respond to Anxiety

"It sounds like your anxiety is acting up. What could you do to boss it back? Are there any helpful thoughts that you can tell yourself?"

"You already know the answer to that question. I am not going to answer that."

"We will talk more about this when you are calm."

**FACE OUR FEARS**

Help your child face their fears. Develop a simple plan with your child that starts with small tasks that are anxiety provoking. Make sure to celebrate with your child when they get through an anxious situation.

**RELAXATION APPS**

Stop, Breathe & Think
- Smiling Mind
- Relax and Rest
- Sleep Pillow
- Breathe2Relax
- MindShift

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Information adapted from:
Therapist and Mental Health Providers in Mid-Missouri who Support Anxiety

Psychological Services Clinic
211 S 8th Street
Columbia, MO 65211
573-882-4677

Ages Served: Children/adolescents, adults, couples, and families

Rebekah Freese
Mayer, Flanagan, Scott and Associates
3407 Berrywood Dr., Ste., 200
Columbia, MO 65201
573-443-1177

Ages Served: Children/adolescents (0-19), individual adults, couples, and families

Adults

Ages Served: 15

573
Columbia, MO
201 W. Broadway, Building 3
Victoria Day, M.Ed.

families

Old; Adults; Families

10

Ages Served: 5

Fulton, MO

Safe Harbor

families

individual adults, couples, and families

Children/Adolescents (14-19), families

Individual

Adults; Couples, families

Columbia, MO 65203

(573) 234-2463

Ages served: Children/adolescents (11-17)

Misty J. Werkmeister
409 Vandiver
Blog 4 Ste 100
Columbia, MO 65202
(573) 682-4985

Ages Served: Children/adolescents (3-19), individual adults, couples, and families

Tara Lusby
Kiesling and Associates
108 E Green Meadows Rd
Suite 9
Columbia, MO, 65203
(573) 821-5370

Ages Served: Children/adolescents (9-19) and individual adults

Luanne Andes, LCSW
3610 Buttonwood Dr., Suite 262
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573-886-8986

Ages Served: 10-14 years old; 15-19 years old; Adults; Couples; Families

Sharon Cantrell-Brush, LCSW
Inner Reflections Child & Family Counseling
601 W. Nilfong Bldg. 5
Columbia, MO
573-442-9669

Ages Served: 0-4 years old; 5-9 years old; 10-14 years old; 15-19 years old; Adults; Couples; Families

Stephanie Parsons
1310 Old Highway 63 S
Ste 1
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(573) 874-8818

Ages served: Children/adolescents (5-19), individual adults, couples, and families

Sandra Rahm
323 E Morgan
Boonville, MO 65233
(660) 537-6228

Ages served: Children/adolescents (6-17), individual adults, couples, and families

Mary Ellen Degnan, Ph.D.
MU Psychological Services Clinic
211 S. 8th Street
Columbia, MO
573-882-4677

Ages Served: 0-4 years old; 5-9 years old; 10-14 years old; 15-19 years old

Erica Healy
Healy Christian Counseling, LLC
601 W. Nilfong
Bldg. 5A
Columbia, MO 65203
573-356-1127

Ages served: Children/adolescents (2-19)

Kelly Jackson, LCSW
409 Vandiver Dr., Building 4, Suite 102
Columbia, MO 65202
573-289-0792

Ages served: Children/adolescents (0-19), individual adults, families

Cate Johnston, LCSW
201 W. Broadway, Suite 3-I
Columbia, MO
573-214-0436

Ages Served: 0-4 years old; 5-9 years old; 10-14 years old; 15-19 years old; Adults

Julia Lee, LPC
Family Facets
701 Vandiver Dr.
Columbia, MO
573-886-7422 ext. 0

Ages Served: 0-4 years old; 5-9 years old; 10-14 years old; 15-19 years old; Adults; Couples; Families

James M. Mcgee, LPC, BTTI
1316 Old Highway 63 S, Suite 101
Columbia, MO 65201
573-808-6488

Ages Served: 10-14 years old; 15-19 years old; Adults; Couples; Families

Toby Mills-Sandoval, LCSW
2014 Austin Ave.
Columbia, MO
573-200-0479

Ages Served: 10-14 years old; 15-19 years old; Adults; Couples; Families

Jessica M. Beasley
600 W Morrison St., Ste 18
Fayette, MO 65248
Ages served: Children/adolescents (3-19), individual adults, couples, families

Melinda Motter, LPC
Counseling Associates
1310 Old Highway 63 South
Suite 1
Columbia, MO 65201
573-874-8818

Ages served: Children/Adolescents (3-19), individual adults, couples, families

Rachel Bailey
Family Facets
701 Vandiver Dr.
Columbia, MO 65202
Ages served: Children/Adolescents (5-19), adults, couples, and families

Elizabeth Ryberg
Ryberg Counseling
601 W. Nilfong Blvd.
Suite 5A
Columbia, MO 65203
573-239-4827

Ages served: Children/Adolescents (ages 0-19), Families, Parent Consultation

Kayan Phoebe Wan
Student Health Center
1020 Hitt St
DC 800.00
Columbia, MO 65201
573-882-5461

Ages served: Individual adults, couples

Kate Weir, Ed.S., LPC
Kate Weir Counseling, LLC
601 W Nilfong Building 5A
Columbia, MO
573-808-4522

Ages Served: 0-4 years old; 5-9 years old; 10-14 years old; 15-19 years old; Parent Consultations

Rebecca Williams
Lawrence Oliver & Associates
201 W Broadway
Building 2, Suite F
Columbia, MO 65203
573-214-0436

Ages served: Children/adolescents (0-19), families

Christine Woods, LCSW
Integrative Community Services
PO Box 85
Columbia, MO 65201
573-864-3538

Ages Served: 9-19 years old

For additional services, including agency supports, please visit:
http://youthmentalhealth.missouri.edu/referraldirectory.html