Is your child or adolescent experiencing any of the following?

- □ Constantly worries about health of self or others or experiences separation anxiety
- □ Has difficulty concentrating or being still at school, home, or both
- □ Demonstrates low mood, tearfulness, or feelings of hopelessness
- □ Has difficulty adapting to new routines (i.e. wearing facemasks, not seeing friends, social distancing, etc.)
- □ Frequently disruptive (unable to be redirected, pulls attention away from teacher, unable to follow directions, etc.)

You are not alone. HOPE is here.

To learn more about mental health services offered by Georgia HOPE, contact us today!

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