

# 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!**



**Call 706-279-0405 ext 149**

**Text 706-847-4871**

**Email [inquiries@gahope.org](mailto:inquiries@gahope.org)**

**Visit [www.gahope.org](http://www.gahope.org)**