



## Priory therapy services

# Child and adolescent anxiety disorders

### What is an anxiety disorder?

**Anxiety is usually a normal, useful and effective response in times of heightened stress, which can be understood and resolved. However, events in your personal life can sometimes cause ongoing anxiety and severe fear or worry.**

If you are experiencing this, it may be that you are suffering from an anxiety disorder. Timely treatment is crucial as it can help to avoid the condition becoming worse.

Anxiety can be highly destructive and disabling. It can prevent capable people from achieving their potential in social situations, or at school, and can lead to intense personal distress.

Anxiety disorders affect between 5 to 19% of children and adolescents, and about 2 to 5% of children under 12 years of age. Overall, about half of all people who develop an anxiety disorder experience their first symptoms before the age of 11.

### What are the symptoms of anxiety?

**Living with anxiety is distressing and it reduces a young person's functioning, attainment and enjoyment of life.**

Symptoms include:

- + Difficulty breathing
- + Shaking
- + A dry mouth
- + Feeling sick
- + Urinating frequently
- + Extreme tiredness
- + A tight chest
- + Palpitations
- + Blurred vision
- + Loose bowels
- + Muscle tension
- + Hot and cold flushes

Psychological symptoms include excessive fear and worry about a situation. Common anxiety disorders include phobias, generalised anxiety disorder (GAD), separation anxiety, social anxiety, panic disorder and obsessive compulsive disorder (OCD).





**86%**

of patients undergoing therapy saw a reduction in their levels of anxiety

**85%**

of patients undergoing therapy saw a reduction in their levels of depression

**100%**

of patients were satisfied with the overall quality of care received

**98%**

of patients would recommend us to a friend

## How can Priory help?

**Priory works with leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.**

Using the latest evidence-based practices, our experts offer specialist therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation, both in terms of the specialist team and treatment the delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around school and work hours, including evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals, allowing for a wider support network and movement into inpatient or day care if required.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies - check your policy to see what cover is available to you.



## Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers the support you need, please contact us today:

**Call: 0800 840 3219**

**Email: [info@priorygroup.com](mailto:info@priorygroup.com)**

**Visit: [priorygroup.com](https://www.priorygroup.com)**

For the most up to date information on our services, please visit our website.