



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Anxiety and depression in children: Get the facts

Many children have fears and worries, and may feel sad and hopeless from time to time. Strong fears may appear at different times during development. For example, toddlers are often very distressed about being away from their parents, even if they are safe and cared for. Although some fears and worries are typical in children, persistent or extreme forms of fear and sadness could be due to anxiety or depression. **Learn about anxiety and depression in children.**

Facts

- **Anxiety and depression affect many children¹**
 - 9.4% of children aged 3-17 years (approximately 5.8 million) had diagnosed anxiety in 2016-2019.
 - 4.4% of children aged 3-17 years (approximately 2.7 million) have diagnosed depression in 2016-2019.
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- **Anxiety and depression have increased over time²**
 - “Ever having been diagnosed with either anxiety or depression” among children aged 6-17 years increased from 5.4% in 2003 to 8% in 2007 and to 8.4% in 2011-2012.
 - “Ever having been diagnosed with anxiety” among children aged 6-17 years increased from 5.5% in 2007 to 6.4% in 2011-2012.
 - “Ever having been diagnosed with depression” among children aged 6-17 years did not change between 2007 (4.7%) and 2011-2012 (4.9%).

To read the full article and get the statistical data and graphs, please visit: [Anxiety and depression in children: Get the facts | CDC](#)

July
2023



Month

Minority Mental Health Awareness Month

Disability Pride Month

Week

Birth Trauma Awareness Week
(July 19-24)

Day

Panic Attack Awareness Day
(July 10)

International Self Care Day
(July 24)

National Seasonal Affective Disorder Awareness Day
(July 24)

World Day Against Trafficking Persons
(July 30)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>



Panic Attacks and Panic Disorder

A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Panic attacks can be very frightening. When panic attacks occur, you might think you're losing control, having a heart attack or even dying.

Many people have just one or two panic attacks in their lifetimes, and the problem goes away, perhaps when a stressful situation ends. But if you've had recurrent, unexpected panic attacks and spent long periods in constant fear of another attack, you may have a condition called panic disorder.

Although panic attacks themselves aren't life-threatening, they can be frightening and significantly affect your quality of life. But treatment can be very effective.

Symptoms: Panic attacks typically begin suddenly, without warning. They can strike at any time — when you're driving a car, at the mall, sound asleep or in the middle of a business meeting. You may have occasional panic attacks, or they may occur frequently.

Panic attacks have many variations, but symptoms usually peak within minutes. You may feel fatigued and worn out after a panic attack subsides. (Signs are provided on the right.)

One of the worst things about panic attacks is the intense fear that you'll have another one. You may fear having panic attacks so much that you avoid certain situations where they may occur.

Causes: It's not known what causes panic attacks or panic disorder, but these factors may play a role:

- Genetics
- Major stress
- Temperament that is more sensitive to stress or prone to negative emotions
- Certain changes in the way parts of your brain function

Panic attacks may come on suddenly and without warning at first, but over time, they're usually triggered by certain situations.

Some research suggests that your body's natural fight-or-flight response to danger is involved in panic attacks. For example, if a grizzly bear came after you, your body would react instinctively. Your heart rate and breathing would speed up as your body prepared for a life-threatening situation. Many of the same reactions occur in a panic attack. But it's unknown why a panic attack occurs when there's no obvious danger present.

To read the full article, please visit: [Panic attacks and panic disorder - Symptoms and causes - Mayo Clinic](#)

Did You Know?

Signs of a Panic Attack

- Shaking
- Sweating
- Numbness
- Dizziness
- Heart palpitations
- Chest pain
- Abdominal distress
- Shortness of breath
- Fear of “going crazy” or dying
- Chills or hot flashes

IMPORTANT NOTE:

Do these symptoms look familiar? They're also signs of cardiac distress. It's difficult to know if a person is experiencing a panic attack or a heart attack. The best thing to do is ask if the person has had a panic attack before. If they haven't and they don't think they're having one now, call 9-1-1 and follow physical first aid protocol.

If the person loses consciousness, call an ambulance, check for breathing and pulse and apply physical first aid principles. You can also check for a medical alert bracelet or necklace for more information.

To read the full article, please visit: [How to Help Someone Who is Having a Panic Attack « Mental Health First Aid](#)



Dear Valued Referral Sources,

Inspiration is key! Together, let's strive to inspire those as much as they inspire us. "Our diversity should not be seen as a weakness, but as our greatest strength. It is only by working together that we can build a resilient and thriving team."

Sincerely,

Jennifer Campbell, MSW, LSW

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Greene County Crisis Line: 1-800-417-9460
Washington County 24-Hour Crisis Hotline: 1-877-225-3567
National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673
STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283