

Experiences you may have ...

- There is a lot to deal with (new school, new relationships, new grades)
- Changes can trigger feelings of loss

Feelings you may have ...

Symptoms vary depending on the type of anxiety disorder, but general symptoms include:

- Feelings of panic, fear, and uneasiness
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Heart palpitations
- An inability to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Muscle tension
- Dizziness

Questions you may have ...

- Do you feel worried/concerned more than not throughout the day?
- Do you restrict activities as a way to cope with anxiety?
- Do you experience panic or panic-like symptoms in *predictable* situations?
- Do you become fearful in *specific* situations?

If you would like to consider **Personal Counseling** please contact:

Annamaria Silveri, PhD (313) 993-1459

Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the Health Clinic please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of **Emergency** contact:

UDM Public Safety (313) 993-1123 or 911

or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202