Anxiety

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