During COVID-19, your child may experience stress and symptoms of anxiety.

These signs may indicate a child needs additional support to manage these feelings:

• Changes in sleep patterns
• Changes in eating patterns
• Increased aches and pains
• Increased focus on their body
• Changes in mood and behavior
• Increased clinging/difficulty separating
• Withdrawal/isolation
• Difficulty concentrating
• Increased worries/inability to focus

We are here for you! For information about El Centro’s behavioral health services or to schedule an appointment, please call (713) 660 - 1880 ext. 1415.

Telehealth appointments are now available!

Source: Lifespan.org