



Help with anxiety

You could see or hear



Worried face

Mood swings

Expressing fears/worries

Not sleeping well

Breathing changes

Feeling sick

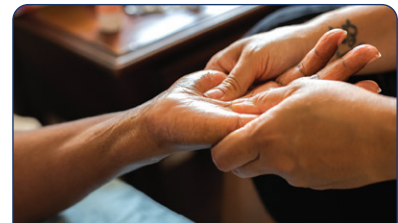
You could do



Connect – talk about why they are feeling anxious, hold their hand



Keep a calm place



Massage



Distract – play with pets, listen to music



Share cultural practices



Give medicine as prescribed

Other things

.....
.....
.....

If you need help



Service name:

T: