



People make me nervous.
 Homework makes me nervous.
 Everything makes me nervous.
 I worry about my mother all the time... she needs me.

FRIENDSHIPS COUNT

Help fight the stigma of living with Anxiety.

“You might think I’m afraid of everything, and on some days you’d be right. I might be so shy in a group that I just can’t say anything. Some days I miss school because the stress gives me such bad stomachaches and headaches. I might even make bad choices sometimes because I’m so fearful.

I take medicine and see a therapist, which helps a lot. Another thing that can help is having friends around me to help me see I don’t need to be afraid or obsessive. You might not be able to convince me, but at least I know you’re there trying to help and protect me. It really makes a difference.

So stick with me. I’m not trying to be weird, and I am getting help. My friends can make a real difference.”

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