



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.”

[www.friendshipscount.com](http://www.friendshipscount.com)

MENTAL HEALTH CONNECTION  
OF TARRANT COUNTY

