A LISTENING TO FAMILIES RESOURCE

Anxiety - In Adolescents

Answers to questions about anxiety in young people identified by families are provided in a conversation between two Child and Adolescent Psychologists

QUESTIONS ANSWERED IN THIS SERIES

- What is anxiety?
- Are some people more vulnerable to anxiety?
- What does anxiety look like in adolescents?
- The impact of social media
- Adolescent anxiety triggers
- How does a parent know that their adolescent is anxious?

and further questions

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NZ families' questions about the development, health, and wellbeing of children and young people are answered in conversations with local Specialists.

listeningtofamilies.co.nz/anxiety/anxiety-in-adolescents