

Living With Anxiety

Some anxiety is healthy and useful when addressing certain situations. But when is it too much or unhealthy? Understanding when your teen is struggling and then helping them find the right supports and management skills is crucial to your teen's health and happiness. At Next Step we strive to provide a safe, caring environment for all students. We understand the impact anxiety can have on a healthy lifestyle. For more support and to learn the warning signs go to [Anxiety BC](#).

More information:

Mental Health Services: [Alberta Health Services](#)

Fort Saskatchewan: [Family & Community Support Services](#)

[Alberta Family Wellness](#)

Canadian Mental Health Association: [Mental Health](#)

Government of Canada: [Mental Health and Wellness, Healthy Living](#)



Did You Know!

Anxiety disorders are the most common mental illness in Canada.



Next Step

Education Revolving Around You