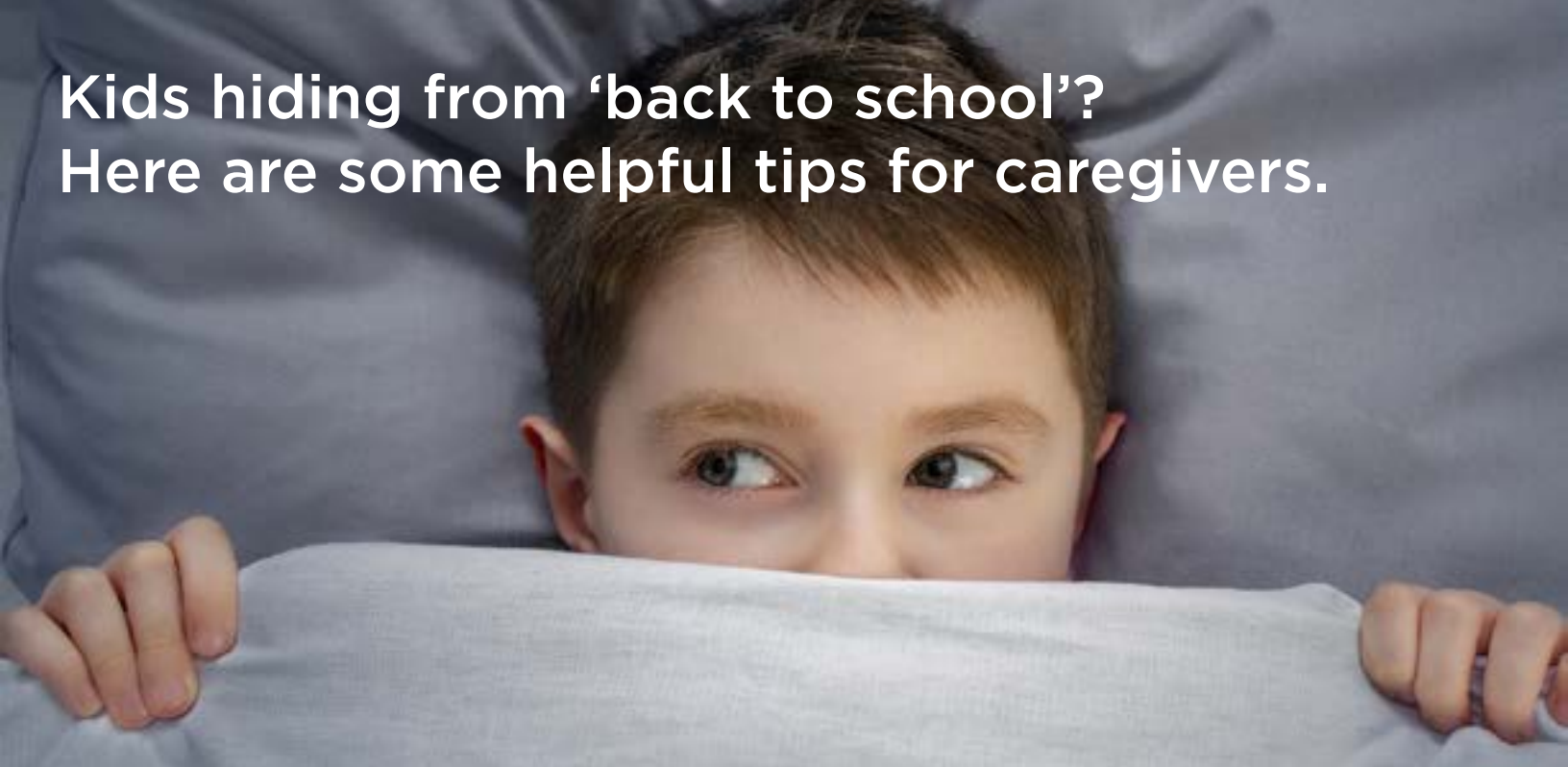


Kids hiding from ‘back to school’? Here are some helpful tips for caregivers.



Kids are playing a lot, or maybe spending time with friends during the summer. But that dreaded five-letter word – S-C-H-O-O-L – is starting to loom large to them ... and maybe to you, too.

Most kids are going to be just fine about a return to the classroom. Others, though, can find the anxiety too much to bear. They act out in ways that may be out of character: clamming up if they're generally talkative by nature, or maybe hiding out to avoid the need to shop for supplies and clothes.

So for parents who may have kids who are anxious about back to school time, we've put together some resources that might be helpful. Visit these or search for others online. And if you need a little extra help, we've got connections to some great provide agencies ready for you.

Here's to a great academic year ahead!!

Helpful Web Resources

[Harvard University Medical School - Back to School Anxiety](#)

[Johns Hopkins Medicine - 5 tips to ease back-to-school anxiety](#)

[Anxiety & Depression Association of America - 7 tips for overcoming back-to-school anxiety](#)

[Parents - 4 ways to ease back to school anxiety and stress](#)

Local Provider Agencies

Access Counseling Services	(513) 649-8008
Beech Acres Parenting Center	(513) 231-6630
Best Point	(513) 272-2800
Butler Behavioral Health	(513) 896-7887
Solutions Community Counseling	(513) 228-7800
Talbert House	(513) 932-4337



**Mental Health
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