

## A Band = A Silent Indication of Anxiety



Our organization provides wrist bands to children who have anxiety conditions. When the child feels anxious and needs help, the child can simply put the band on and the trusted person is silently alerted.

## www.helpchildanxiety.org



Hi, I'm Michael Colbert, President and Founder of the nonprofit, Help Child Anxiety, Inc.

I developed an acute anxiety condition in the second grade and had to learn over the years how to use anxiety positively. Our mission is to help children with anxiety and our bands do just that. I remember how stressful it was in class when a bout of anxiety was starting and I had to figure alone how to alert a teacher. Our bands are "The Silent Voice" for children with anxiety.