

School Phobia

Client's Question: "I won't go to school. I think I have the school phobia thing. My heart starts to pound just thinking about school."

ScottCounseling's Response:

Thanks for contacting ScottCounseling.com regarding school phobia. Depending on your age, I have a couple of questions for you:

- 1) Do you have a parent or a relative helping you with this phobia/fear?
- 2) Have you seen a medical doctor?
- 3) Have you talked to a school counselor or school nurse about how you feel?

There are currently over 2 million school-aged children in the U.S. feeling the way you do. The bad news...this a lot of kids! The good news...there is treatment and a cure.

Here's what you need to do to help you feel better:

- 1) Tell an adult that you trust. This person can/should be a parent, teacher, school counselor, school nurse.
- 2) Medical doctors really do help individuals going through what you are experiencing. Call today-or, have a parent call today.
If you do not have insurance, see your school nurse or counselor; they will tell you what to do.
- 3) Nicole, I know the feeling that you have going on inside of you is NOT FUN! But, it does not have to be this way. You need to take the second step (The first step was emailing me) and see a medical doctor or school counselor today. You can send the same email to your school counselor or doctor and they will be there to help. Please start to trust others so that they can help.

Get back to me if there is something you left out or want me to help with.

Read this article on "School Anxiety and School Phobia" on my Website, ScottCounseling.com:

<http://www.scottcounseling.com/wordpress/school-anxiety-and-school-phobia/2008/03/04/>

