

Anxiety Symptoms

What is Anxiety? Anxiety is a feeling of fear, dread, or uneasiness. It is a normal reaction to stress. However, for some people, anxiety can be a mental health problem if it begins to impact your ability to live your life as fully as you want to.

Symptoms of Anxiety may include:

- Excessive anxiety and worry
- Fatigue
- Restlessness
- Increased muscle aches or soreness
- Impaired concentration
- Irritability
- Difficulty Sleeping

If you or someone you know is experiencing these symptoms, please reach out for help today!

Contact Avel's One Call activation number to be connected to CopLine or contact your Account Executive to talk individually to a member of the CISD team.

You do not have to struggle in silence; there is help available.

Crisis Care: How it Works

- Law Enforcement receives a call that an individual is experiencing a mental health crisis.
- Law Enforcement responds to the individual.
- Law Enforcement introduces the individual to crisis care tablet or requests a text be sent by the Avel team to any personal device.
- Avel Behavioral Health nurse performs an assessment with the individual and gives recommendation to the responding officer.
- Once encounter is complete, referral is sent to local community health resources for follow-up support with the individual.

**To activate
Avel eCare services
for a person in crisis**

Call 1-844-250-7302

Save this number by scanning
the QR Code below:

