



# Emergence Health Network

El Paso Center for Mental Health/Intellectual Disabilities

For Immediate Release  
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Find us on  [www.emergencehealthnetwork.org](http://www.emergencehealthnetwork.org)  
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## EHN Counselors Offer Help for Students Struggling with Test Anxiety

**(El Paso, Texas March, 2018)** Do you know what test anxiety is? It's a real psychological condition experienced by a lot of students especially when taking a big test such as a final exam, STAAR or college SAT test.

"The fear of failure can actually impair learning and ability to study prior to the exam and hurt test performance," said Celeste Nevarez, EHN Licensed Professional Counselor. "We know a lot of focus is put on the State of Texas Assessments of Academic Readiness (STAAR) test and a lot of students feel that pressure, but there is a way to cope with that stress which is helpful to the students and their parents."

That's why Emergence Health Network is offering help! EHN is hosting Test Anxiety Support Groups for students and their parents to help prepare for the upcoming state STAAR and SAT/ACT college exams.

To attend one of the session and interview an EHN Counselor – contact EHN Director of Communications, Noreen Jaramillo at 915-342-2464.

### Test Anxiety Support Groups

All sessions are 4:30 pm - 6:00 pm  
8500 Boeing Drive, El Paso, TX

- Tuesday, March 27, 2018
- Thursday, March 29, 2018
  - Tuesday, April 3, 2018
  - Thursday, April 5, 2018