

## Anxiety Disorders



## Anxiety Disorders

- Are common - about 20% of Americans over 18 years old suffer from anxiety disorders
- Go beyond normal feelings of nervousness or stress
- Can be severe enough to cause problems with health, work/school or socially
- Can run in families
- Are very treatable

## Types of Anxiety Disorders



### Generalized Anxiety Disorder

Excessive worry and tension that interferes with daily functioning

### Panic Disorder

Core symptom is a panic attack which can be so overwhelming some have mistaken it for a heart attack

### Obsessive-Compulsive Disorder

Reoccurring thoughts that not rational that can trap a person's thinking and make them feel forced to perform certain habits or routines even though they may not want to

### Phobias

Excessive fear of a thing, a situation or an activity

### Posttraumatic Stress disorder

Anxiety reaction in people who have experienced a severe or terrifying physical/emotional event & can cause fear, a feeling of disconnection or numbness, nervousness or nightmares

## Healthy Habits

- Getting enough sleep
- Being active
- Learn to relax
- Avoid drugs and alcohol
- Do something you enjoy

## Need HELP? There is HELP!

- Family doctor or psychiatrist
- Local mental health center
- Support Groups



## Resources

[Anxiety Disorders Association](#)  
240-485-1001

[SC Dept of Mental Health](#)  
800-763-1024 or  
803-898-8581

[SC Dept of Alcohol and Other Drug](#)  
888-727-7383 or  
803-896-5555

[National Alliance for the Mentally Ill \(NAMI\)](#)  
800-788-5131

[SC Self Help Assoc Regarding Emotions \(SC SHARE\)](#)  
800-832-8032

[Mental Health America \(MHASC\)](#)  
800-375-9894

[Protection and Advocacy for People with Disabilities Inc.](#)  
866-275-7273 or  
803-782-0639