



Anxiety: What you should know

Anxiety disorders affect nearly one in five American adults each year.

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year. Symptoms do not go away and can get worse over time. Anxiety can negatively affect relationships and interfere with daily activities such as job performance, schoolwork and other responsibilities.

Anxiety disorders can also increase the risk for other medical issues such as heart disease, diabetes, substance use and depression.



FACTS ABOUT anxiety

Types of anxiety disorders include:

- Generalized anxiety disorder
- Panic disorder
- Phobia-related disorders

General risk factors can include:

- Shyness or behavioral inhibition in childhood
- Exposure to stressful and negative events
- A family history of anxiety or other mental illnesses

We can help treat your anxiety today for a better tomorrow. Schedule a no-cost assessment by calling +1 800-753-5223 or find out more at www.summitoakshospital.com. We are here 24 hours a day, 7 days a week.

Source: National Institute of Mental Health,
National Institutes of Health



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Source: Anxiety and Depression Association of America

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