

What you should know:

Anxiety

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.

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

Treatment is available

There are many ways to treat anxiety, including psychotherapy, medication or a combination of both. Talk with your doctor to decide what treatment is best for you.

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



Schedule a no-cost assessment today. No referral needed, anyone may call for assistance

Call 1-800-753-5223. We are here 24 hours a day, 7 days a week.



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