

Learn more about anxiety disorders from these organizations:

- [Anxiety and Depression Association of America \(ADAA\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health](#)
- [WebMD](#)

What should you do if you think you or someone you know may have an anxiety disorder?

If you have an anxiety disorder, you should seek help from your doctor or a behavioral health professional. Effective treatments for anxiety disorders include aerobic exercise, psychotherapy, and medication. Use the locators listed below to find a behavioral health professional:

- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)
- [Transcendental Meditation](#)
- [Guidance for partners of those affected by anxiety disorders](#)

If you are currently experiencing anxiety you can call:

NIMH's National Anxiety Hotline
..... 888-ANXIETY (826-9438)
The Panic Disorder Informational
Hotline...800-64-panic (647-2642)

Emergency situations: If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

National:

National Suicide Prevention
Lifeline.....800-273-8255
National Hopeline Network
..... 800-784-2433

Local:

Philadelphia Suicide & Crisis Intervention
Hotline.....215-686-4420
Chester County Crisis Intervention
Service877-918-2100
Delaware Co. Emergency Psychiatric
Crisis Service610- 447-7600
Montgomery County Crisis Hotline
.....610-279-6100

Anxiety disorders defined:

Anxiety is our body's way of alerting ourselves to get out of harm's way, and to warn us to take action. However, when one experiences anxiety that is persistent and overwhelming, this may be a sign of an anxiety disorder. Unlike the relatively mild, brief anxiety caused by a stressful event, anxiety disorders last at least 6 months and can worsen if they are not treated. Anxiety disorders commonly occur along with other mental or physical illnesses, which may need to be addressed before the individual will respond to treatment for the anxiety disorder. According to the Anxiety and Depression Association of America, anxiety disorders are the most common psychiatric illness affecting children and adults. Roughly 18% of adults are affected by an anxiety disorder in any given year.

Disorder types:

- Generalized anxiety disorder (GAD)
- Panic disorder and panic attacks
- Agoraphobia
- Social anxiety disorder
- Selective mutism
- Separation anxiety
- Specific phobias
- Obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) are closely related to anxiety disorders that some may experience at the same time, as with depression