Anxiety Disorders

- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorders
- Obsessive-Compulsive Disorders
- Panic Disorder
- Depression
- Trauma

Anxiety and fear are emotions that all people experience, but for some individuals, these emotions can become extreme and debilitating. When anxiety and fear are intense and persistent, they can impact nearly every part of a person's life, making it difficult to carry out daily activities and relationships. Some anxiety disorders make it very difficult for people to approach and make decisions, while others can lead to physical and mental health issues.

Anxiety and fear are powerful emotions that have evolved to help us adapt to our environment. However, too much of either can be harmful. Anxiety disorders include Generalized Anxiety Disorder, Social Anxiety Disorders, Obsessive-Compulsive Disorders, Panic Disorder, and Depression. These disorders can be cognitive in nature, affect emotional or mood-based behaviors, or have a personality component. Anxiety disorders can impact nearly every part of an individual's life, affecting work, school, and personal relationships.

Anxiety disorders are often diagnosed through the Diagnostic and Statistical Manual for Mental Disorders (DSM). These disorders include Generalized Anxiety Disorder, Social Anxiety Disorders, Obsessive-Compulsive Disorders, Panic Disorder, and Depression. The DSM is a classification system used by mental health professionals to diagnose and treat mental health conditions. It provides a standardized language for describing abnormal behaviors and mental conditions, allowing for consistent and effective treatment planning.

Anxiety disorders are common, affecting millions of people worldwide. In fact, anxiety disorders are the most common mental health conditions in the United States. Anxiety disorders can be challenging to treat, but with the right support and interventions, individuals can learn to manage their symptoms and improve their quality of life. If you or someone you know is struggling with anxiety, it's important to seek help from a mental health professional. They can provide support and guidance to help individuals overcome their anxiety and improve their overall well-being.