

Resources for Anxiety Disorders

Anxiety disorders defined: According to the National Institute of Mental Health (NIMH) anxiety disorders cause a person to be fearful and uncertain. Unlike the relatively mild, brief anxiety caused by a stressful event, anxiety disorders last at least 6 months and can get worse 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. Common anxiety disorders include panic disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), social anxiety disorder (SAD), generalized anxiety disorder (GAD), and other phobias. Roughly 18% of adults are affected by an anxiety disorder in any given year.

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. There are many forms of [treatment](#) which may help you. Use the locators listed below to find a behavioral health professional:

[American Psychological Association \(APA\) Locator](#)

[HelpPro Therapist Locator](#)

Here are some [tips](#) on how to manage anxiety and [here](#) is guidance for spouses and partners of those affected by anxiety disorders.

If you are currently experiencing anxiety you may call the NIMH's National Anxiety Hotline at 888-ANXIETY (826-9438) or the Panic Disorder Informational Hotline at 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 and Crisis Intervention Hotline.....215-686-4420

Chester County Crisis Intervention Service.....877-918-2100

Delaware Co. Emergency Psychiatric Crisis Service.....610- 447-7600

Montgomery County Crisis Hotline.....610-279-6100