

Anxiety Disorders

Anxiety disorders are the most common mental illnesses in the United States, affecting over 40 million adults every year. Exposure to stressful and negative life events, such as traumatic injury, can increase the risk for survivors and loved ones. If you suspect you may have anxiety, reach out to your primary care provider. Anxiety is treatable.

Signs and symptoms of Anxiety Disorders

- Worrying excessively about everyday things
- Trouble controlling worries or feelings of nervousness
- Feeling restless, wound-up, irritable, or on-edge
- Difficulty concentrating
- Difficulty falling or staying asleep
- Headaches, muscle aches, stomachaches, or unexplained pains

To diagnose anxiety disorders, your healthcare provider will ask questions about your feelings, mood, behavior patterns, and other aspects of your life.

Treatments can include psychotherapy, or “talk therapy,” stress management techniques, FDA-approved medications, such as anti-anxiety or antidepressants, or a combination of treatments.

How to Get Help Now

If you or someone you know is struggling or in crisis, help is available. Call or text 988 to access the Suicide & Crisis Lifeline. You can also access the Lifeline via web chat at 988lifeline.org. The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States and U.S. territories.