

## Anxiety Disorders

**A** What is Anxiety? This is how you feel when someone is angry with you. Or, the way you feel if you're scared. It can help you deal with something scary. But, it can also cause a lot of problems.

### Types of Anxiety Disorders

#### *Phobias*

This is when a person is afraid of something. A person may get scared in open areas. Or, a person may be scared of dogs.

#### *Post-Traumatic Stress Disorder (PTSD)*

This happens after something really scary. The person may have felt they were going to die. It may be a war or abuse.

#### *Generalized Anxiety Disorder*

This is when a person worries a lot. People may worry about health, money, or work. The person can't stop worrying.

#### *Obsessive-Compulsive Disorder*

This is when a person does things over and over again. People who are afraid of germs wash their hands over and over. Or, people might check things over and over – like locking a door.

#### *Panic Disorder*

This causes a lot of fear. The person may feel weak. They may have chest pain. They may think something bad is will happen. They may think they are having a heart attack.

### Getting Help

Start by seeing your doctor. Medication may help.

### Free Mental Health Screenings

Call (414) 276-3122 for information.