Anxiety disorders are the most common mental health concern in the US & on college campuses.

An estimated 40 million adults in the US (18%) have an anxiety disorder.

Most people develop symptoms before age 21.

We all experience anxiety. For example, speaking in front of a group can cause anxious feelings, but that anxiety also motivates us to prepare & practice.

However, when feelings of intense anxiety, fear or distress become overwhelming & prevent us from doing everyday activities, an anxiety disorder may be the cause. That is the time to seek professional assistance.

Anxiety and Stress

Information Adapted from the National Alliance on Mental Illness
Anxiety disorders consist of persistent, excessive fear/worry in situations that are perceived as threatening, as well as...

**Typical Symptoms**
- Tension
- Restlessness
- Feeling "jumpy"
- Fatigue
- Dread
- Looking for signs of danger
- Apprehension
- Irritability
- Anticipating the worst
- Racing heart
- Shortness of breath
- Upset stomach
- Frequent urination or diarrhea
- Sweating
- Twitching
- Headaches
- Panic
- Phobias
- Generalized Anxiety
- Social Anxiety
- Performance Anxiety
- Anxiety related to trauma or experiences of oppression
- OCD

**Possible Causes**
- Genetic predisposition
- Environmental stressors

**Things That Can Help Anxiety**
- Counseling is FREE for all students
- Professional assistance when symptoms regularly impact daily life
- Come to CHW!
- Visit suffolk.edu/chw to check-out online resources
- Online podcasts & a screening for anxiety
- Getting outside & exercise
- Spending time with supportive loved ones
- Practicing relaxation & mindfulness
- Check-out the Headspace app

For more info: apa.org/help center/anxiety