

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.

COUNSELING, HEALTH & WELLNESS

**73 Tremont St
5th Floor
617-573-8226
suffolk.edu/chw**

**Academic Year Hours
Mon - Thurs: 9 am - 6 pm
Fri: 9 am - 5 pm**

**Summer Hours
Mon - Fri: 9 am - 5 pm**

**Crisis Counseling
Crisis counselor is available
Monday - Friday 11 am - 4 pm**

**After Hours Support
To speak with a counselor after hours or on the weekend, call 617-573-8226 & follow the prompts**



ANXIETY AND STRESS

**Information Adapted from
the National Alliance on Mental Illness**



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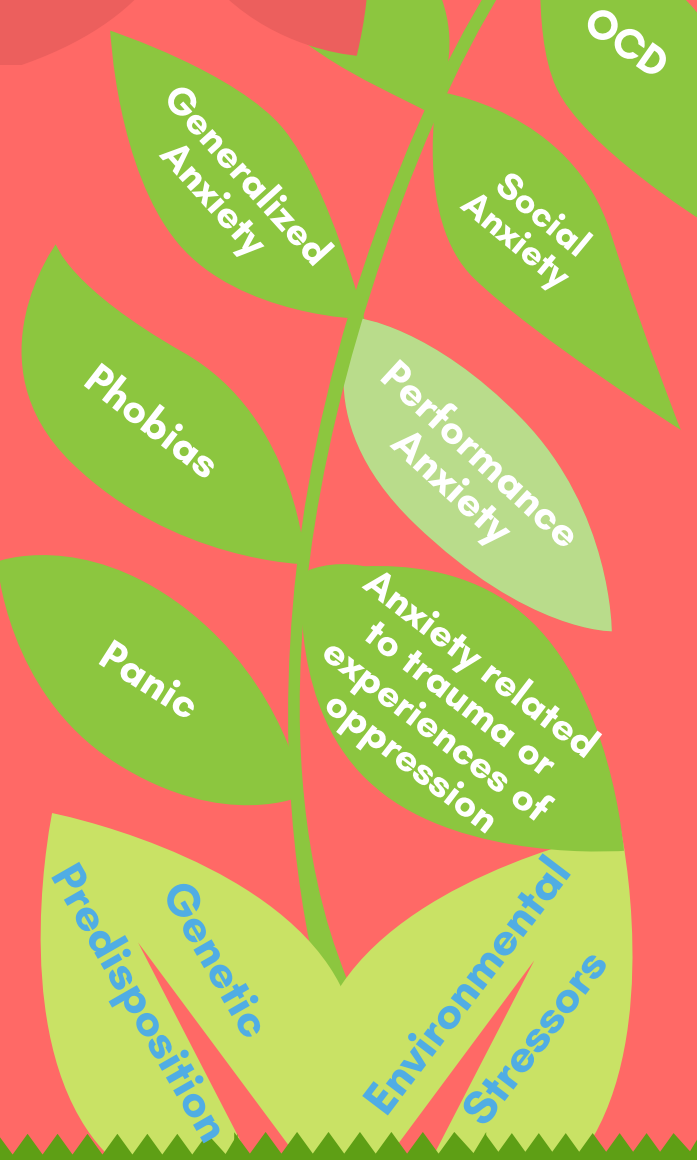
For more info:
[apa.org/help-center/anxiety](https://www.apa.org/help-center/anxiety)

Typical Symptoms

Anxiety disorders consist of persistent, excessive fear/worry in situations that are perceived as threatening, as well as...

- FATIGUE
- DREAD
- LOOKING FOR SIGNS OF DANGER
- APPREHENSION
- RACING HEART
- SHORTNESS OF BREATH
- UPSET STOMACH
- FREQUENT URINATION OR DIARRHEA
- INSOMNIA
- TENSION
- RESTLESS
- FEELING "JUMPY"
- IRRITABILITY
- ANTICIPATING THE WORST
- SWEATING
- TWITCHING
- HEADACHES

Types of Anxiety



Possible Causes

Things That Can Help Anxiety

- Professional assistance when symptoms regularly impact daily life
- Come to CHW! Counseling is FREE for all students
- 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