



Gateway to Hope  
Training Program of HHCI

# Anxiety Disorders

# What are Anxiety Disorders?

- Mental health disorders characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities

# Know the Symptoms

- Fatigue
- Insomnia
- Hypervigilance or irritability
- Racing unwanted thoughts
- Excessive worry or fear
- Feelings of impending doom
- Nausea or palpitations
- Poor concentration

# Types of Anxiety Disorder

- **Separation Anxiety Disorder**

- Excessive fear or anxiety of separation from home or those the individual is attached

- **Selective Mutism**

- High social anxiety that causes an inability to speak to people in social settings

# Types of Anxiety Disorder

- **Specific Phobia**

- An extreme irrational fear or anxiety about a specific object or situation

- **Social Anxiety Disorder**

- Fear or anxiety about social situations in which the individual is exposed to judgment by others

# Treatments and Therapies

- **Anxiolytics**

- Anxiolytic medications lower anxiety by increasing the activity of the neurotransmitter GABA

- **Antidepressants**

- Effective in increasing levels of serotonin in the brain

- **Psychotherapy**

- Cognitive behavior therapy reduces anxiety by eliminating beliefs and behaviors