

# ANXIETY DISORDERS

Anxiety disorders include any group of disorders that have as their central organizing theme an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.  
(American Psychological Association)



**1/2 of those diagnosed with depression also receive a diagnosis for an anxiety disorder**

**Anxiety disorders are highly treatable.**  
**Treatments include Self-Care, Therapies, and Medication.**



**31.9% of adolescents are affected**

**48 MILLION Americans are estimated to suffer from anxiety**



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