

Lets Talk About it



Understanding Anxiety Disorders

As a group, anxiety disorders are the most common of mental illnesses, affecting 19 million Americans each year. Each of the five anxiety disorders disrupts daily tasks to some extent. Some people may simply alter their route to work to avoid a tunnel, while others are so afraid of having a panic attack that they will not leave their homes. Anxiety disorders are treatable with cognitive-behavioral therapy and/or medication.

The most common of the anxiety disorders are *Phobias*. Specific phobias are disabling, irrational fears of things or situations, such as snakes, heights, or flying that cause a person to limit his or her life unnecessarily. [Social phobia](#) is a fear of embarrassment in social situations and is often accompanied by depression or alcoholism.

[Generalized Anxiety Disorder \(GAD\)](#) is characterized by excessive and exaggerated worries and feelings of tension lasting at least six months. People with GAD often suffer from depression and physical complaints, such as headaches or stomach aches.



[Panic Disorder](#) causes feelings of intense fear that strike suddenly and repeatedly without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal distress, feelings of unreality, and fear of dying. Approximately a third of those with panic disorder also suffer from agoraphobia (the fear of leaving one's house) often due to a fear of having a panic attack and not knowing when one may occur.

Obsessive-Compulsive Disorder is characterized by obsessions and compulsions. Obsessions are disturbing thoughts and compulsions are rituals performed to prevent or dispel those obsessions. Common compulsions include excessive hand-washing, counting items, and repeated checking of locks or switches.



Experiencing or witnessing a traumatic event, such as a violent attack, war, or natural disaster, can trigger **Posttraumatic Stress Disorder (PTSD)**. PTSD is characterized by nightmares, intrusive memories of the event, avoidance of reminders of the event (such as places or people), and a constant state of increased arousal.

For More Information about Anxiety Disorders and treatment options available call the Ben Gordon Center in DeKalb at 815-756-4875 or in Sandwich at _____. Or Call Your EAP Hotline number at 1-866-BGC-0111

Ben Gordon Center offers Employee Assistance Programs , mental health and recovery services for adults and families in our community. Professionals have specific expertise in the treatment of Depression in Women and Women’s Mental Health and Substance Abuse Disorders.

Ben Gordon Center, Inc. offers services on a sliding fee for those who qualify. Ben Gordon Center, Inc. also accepts Medicaid, Medicare, and all Insurance Plans. Ben Gordon Center, Inc. is a contract agency of the Dekalb County Community Mental Health Board Ben Gordon Center, Inc. is fully accredited by JCAHO, Illinois Division of Mental Health and the Division of Alcohol and Substance Abuse Services.



Employee Assistance Program
Ben Gordon Center

For More information about Mental Health and Substance Abuse Services
Or visit our Website at [www. Bengordoncenter.org](http://www.Bengordoncenter.org)