

# ANXIETY

## TYPES OF ANXIETY

- Generalised Anxiety Disorder (GAD)
- Social Anxiety Disorder (SAD)
- Panic Disorder
- Specific Phobias

There are other conditions where anxiety is commonly present:

- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)

## SIGNS AND SYMPTOMS

These will vary depending on the type of disorder, frequency of symptoms, severity of the disorder, and any pre-existing mental health disorders.

- Panic attacks
- Rapid heart rate or breathing
- Tightening of the chest
- Hot and cold flushes
- Nausea
- Churning stomach
- Insomnia or restlessness
- Excessive or irrational fear
- Obsessive thoughts
- Self-doubt
- Feeling worthless
- Catastrophising (anticipating the worst outcomes)
- Worry
- Avoiding certain situations or environments
- Procrastinating tasks
- Rituals or compulsions
- Changes in eating or sleeping habits

You can access our Anxiety treatment programs as an inpatient or through our Day Programs. Based on the Cognitive Behaviour Therapy model, individuals will attend group therapy sessions and complete assigned homework.