



Generalized Anxiety Disorder

Generalized Anxiety Disorder (GAD) is characterized by chronic anxiety, exaggerated worry and tension even without provocation.

Symptoms

- Always anticipating a disaster, excessive worrying about health, money, family or work.
- Difficulty shaking concerns
- Physical symptoms such as fatigue, twitching, irritability, sweating or hot flashes.
- Difficulty relaxing and concentrating, easily startled and insomnia

Statistics

- GAD affects about 4 million Americans
- Women are twice as likely to develop the disease as men.
- The highest risk period for development is childhood through adolescence.

Tips

- GAD is manageable and treatable. Individuals can work to overcome this overwhelming anxiety by talking to friends and family and through treatment and therapy.

ADAMH is your community safety net. If you or someone you love needs help call 276-CARE, the front door to the ADAMH system of care.