

DO I NEED HELP FOR GENERALIZED ANXIETY DISORDER (GAD)?

WHAT IS GAD?

GAD is persistent and excessive worry about numerous things such as money, health, family, or work. People living with GAD often find it difficult to control their worries. They may worry more than seems warranted about actual events or may expect the worst even when there is no apparent reason for concern.

GAD Treatments

Self-Care

Anxiety symptoms can be managed, in part, through self-care such as adequate exercise, quality sleep, and a healthy diet.

Health Providers

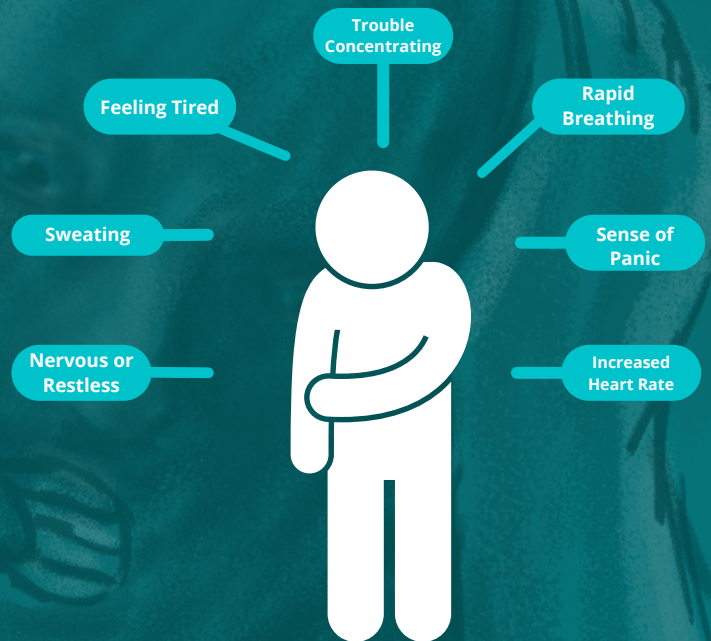
It is important to seek care from a mental health professional. This can be a psychiatric mental health nurse practitioner, psychologist, psychiatrist, or other mental health professional.

Therapy

There are a number of therapies effective for managing anxiety these include mindfulness practices, counseling, Cognitive Behavioral Therapy (CBT), or Dialectical Behavioral Therapy (DBT).

Medication

People living with GAD should only take medications that are prescribed by their mental health care provider. These medications help calm the mind and reduce symptoms such as tense muscles.



**ANXIETY CAN
AFFECT ANYONE.**

THERE IS HOPE.

If you or someone you love may be experiencing signs of GAD, text **CONNECT** to 741741 (the Anxiety Crisis text line) or call the National Alliance on Mental Illness (NAMI) Helpline at 1-800-950-NAMI (6264).

For more information on behavioral health resources, visit <https://bhwel.l.uky.edu>

References:

1. Anxiety Disorders. (2017, December). <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders>.
2. U.S. Department of Health and Human Services. (2017, November). Any Anxiety Disorder. National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml>.

