

You Are Not Alone

Most people feel anxiety from time to time. According to the National Alliance on Mental Illness, about 18% of adults and 8% of adolescents in the U.S. have an anxiety disorder. It's likely you've felt worried or fearful about things like performing well in a soccer game, getting a new job, public speaking, or taking an exam. But when worries become overwhelming and interfere with activities, it may be time to seek support.

Anxiety doesn't discriminate

Anyone – regardless of their race, gender, or socioeconomic status – can experience an anxiety disorder. However, anxiety is very treatable, and with professional support, you can experience positive changes. Practicing and changing behaviors, thoughts, and reactions can help you feel more comfortable in stressful situations.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment Works

Seeking professional help when struggling with anxiety is always a good idea. Visit the [Anxiety and Depression Association of America's Help Finder](#) today. Social support is also key to maintaining emotional health and well-being.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting 'TALK' to **741741**

Call the Suicide Prevention Lifeline at **1-800-237-8255**