



For more information about anxiety disorders, call 513-563-HOPE or visit our website at www.lindnercenterofhope.com.



Anxiety disorders can strike anyone.

Anxiety disorders and the accompanying distresses they create can inflict a staggering toll on individuals and family members.

Recognizing Anxiety Disorders

Correctly identifying an anxiety disorder is a crucial first step in effective treatment. Qualified professionals at Lindner Center of HOPE have the experience and tools to identify anxiety disorders and possible co-occurring conditions. A comprehensive diagnostic assessment is the first step in guiding an individual toward meaningful recovery.

While the potential warning signs for anxiety disorders may vary significantly, these are general symptoms:

- Persistent worry about commonplace things (money, work, health, school) that may expand in intensity and prompt social withdrawal, isolation or depression
- Worry or anxiety that leads to fatigue, restlessness, sleeplessness, irritability, gastrointestinal problems
- Feeling of imminent danger or doom with sweating, trembling, heart palpitations, shortness of breath or choking, chest pain, dizziness or chills
- Feeling of losing control
- Intense fear of dying or illness
- Intense fears of certain objects, situations or activities, that create hardships in life such as fears of animals, insects, heights, driving, blood, elevators
- Fear in public situations such as eating in front of others, working while observed, performing in public, interacting in groups, using the telephone or public facilities
- Physical symptoms brought on by anxiety or fear, such as blushing, sweating, trembling, nausea, rapid heartbeat, headaches
- Flashbacks to a traumatic event, nightmares or emotional numbness