

# HELP IS RIGHT HERE!

For more information or to  
schedule an appointment, call  
**St. Elizabeth Physicians Behavioral Health**  
at **(859) 301-5901**.

## Helpful Phone Numbers

### ▶ Youth:

Cincinnati Children's Hospital  
Division of Psychiatry:  
**(513) 636-3200**

### ▶ Youth & Adults:

SUN Behavioral Health:  
**(859) 429-5188**

If you or a loved one are having suicidal thoughts,  
get help right away!

Call **(800) 273-8255** to speak with a suicide  
prevention expert 24 hours a day, seven days a week.



# Behavioral Health: **GENERALIZED ANXIETY DISORDER**

**You're not alone.**



# CAUGHT IN THE “WORRY CYCLE.”

If your worries are non-stop and difficult to control, Generalized Anxiety Disorder (GAD) could be behind your swirling thoughts. GAD is different than simply feeling worried about a single event or person.

According to the Anxiety and Depression Association of America, more than 6.8 million adults in the United States experience GAD, but the exact cause is unknown.

## Symptoms:

GAD can impact both your mental and physical well-being. It's important to get help right away if you are feeling overwhelmingly and consistently anxious.

Symptoms to watch for include:

- Difficulty concentrating.
- GI problems (upset stomach).
- Increased heart rate.
- Insomnia or trouble staying asleep.
- Irritable.
- Nervous.
- Panic.
- Rapid breathing.
- Sense of impending danger or doom.
- Sweating.
- Trembling.

## Treatment:

Generalized anxiety disorder can affect people of all ages and symptom management is different for everyone. Some people respond best to Selective Serotonin Reuptake Inhibitors (SSRI) medications, while others react positively to a combination of SSRI medication and therapy.

Talking through your worry cycle can help you better understand the root cause of your apprehensions.



Individual Cognitive-Behavioral Therapy (CBT) or Acceptance and Commitment Therapy (ACT) may be used to explore alternate ways of thinking and develop constructive coping skills.

The compassionate team of experts at St. Elizabeth Behavioral Health are here to listen to your concerns and help ease your doubts. By utilizing appropriate assessments and evaluations, our team is able to develop the right care plan for your individual needs. The first step towards taking control of your worries is to call (859) 301-5901 and schedule an appointment with one of our specialists. We will be here for you, every step of the way.