

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

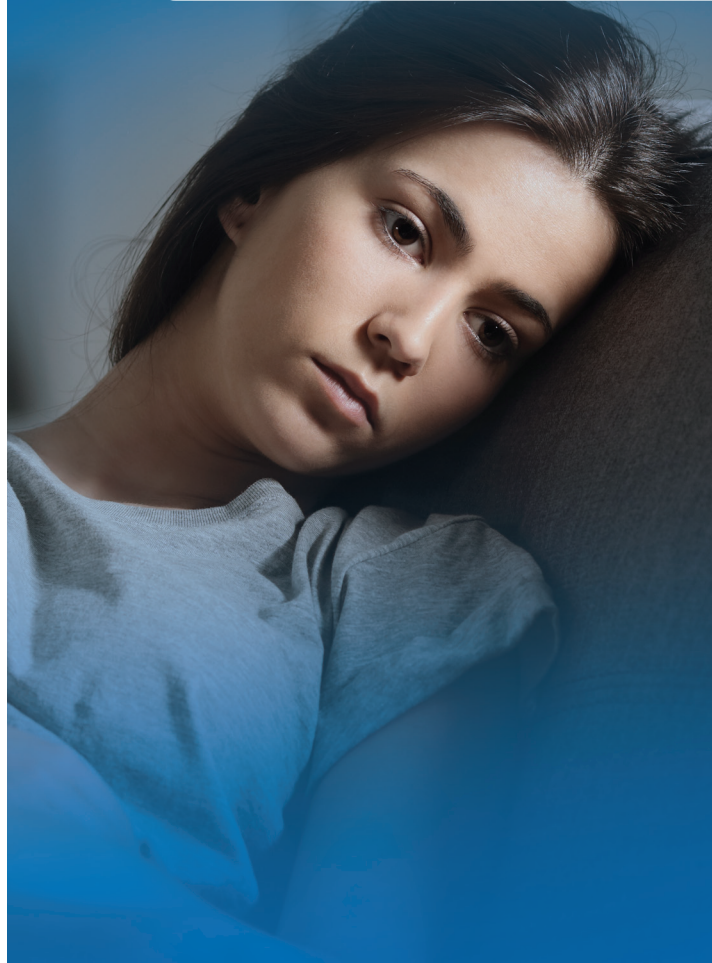
If you or a loved one are having suicidal thoughts,
get help right away!

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



Behavioral Health: SOCIAL ANXIETY DISORDER (SOCIAL PHOBIA)

You're not alone.



BEYOND BASHFUL.

Social anxiety disorder (also known as social phobia) is intense anxiety characterized by a crippling panic of being judged or rejected in everyday social or performance situations. People with social anxiety disorder have an overwhelmingly persistent fear of humiliation or being viewed as stupid or awkward which produces an impaired ability to function in at some aspects of daily life.

Symptoms:

We've all been nervous or shy in an unknown situation. But in social anxiety disorder, everyday interactions cause significant anxiety and fear of being judged and scrutinized. Other common symptoms include:

- Avoidance of people or events.
- Dizziness.
- Intense dread.
- Fast heartbeat.
- Nausea.
- Red face or blushing.
- Shaking.
- Sweating.
- Unable to think or speak.
- Extreme self-awareness

Treatment:

Social anxiety disorder can affect people of all ages, but symptoms typically appear during the early teenage years. 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 social phobias can help you better understand the root cause of your feelings. 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 charge of your anxiety 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.