



NetCare Access is your connection to mental health and alcohol/drug addiction services in Franklin County

If you or someone you know is in crisis, visit one of our crisis sites or call our 24-hour NetCare Access Crisis Hotline at (614) 276- CARE

ACCESSING Information About

Generalized Anxiety Disorder

What is generalized anxiety disorder?

Generalized anxiety disorder (GAD) is one of many types of anxiety disorders. Someone with GAD feels an exaggerated worry or tension for a long period of time, even though nothing seems to cause it. Having this disorder means always anticipating disaster, often worrying excessively about health, money, family or work.

Anxiety disorders are the most common of all the mental disorders. They are not just a case of “the nerves.” They are illnesses, often related to the biological makeup and life experiences of the individual, and they frequently run in families. Anxious feelings may be so uncomfortable that to avoid them one may stop some everyday activities.

Other types of anxiety disorders include panic disorder, specific phobias, social phobias, obsessive-compulsive disorder and post-traumatic stress disorder.

Facts

- ④ People with GAD can't seem to shake their concerns, even though they realize that their anxiety is more intense than the situation warrants.
- ④ Sometimes the source of worry is hard to pinpoint. Simply the thought of getting through the day provokes anxiety.
- ④ Usually the impairment associated with GAD is mild and people with the disorder don't feel too restricted in social settings or on the job.
- ④ Unlike many other anxiety disorders, people with GAD don't avoid certain situations as a result of the disorder. However, if severe, GAD can be very debilitating, making it difficult to carry out even the most ordinary daily activities.
- ④ GAD comes on gradually and most often hits people in childhood or adolescence.
- ④ It is more common in women than in men.
- ④ GAD often occurs in relatives of affected persons.
- ④ It is diagnosed when someone spends at least 6 months worrying excessively about a number of everyday problems.

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Signs and Symptoms

Someone with GAD may:

- ④ be unable to relax
- ④ have trouble falling asleep and staying asleep
- ④ experience trembling, twitching and muscle tension
- ④ have headaches
- ④ sweat or have hot flashes
- ④ feel irritable, nauseated, lightheaded or out of breath
- ④ have to go to the bathroom frequently
- ④ feel as though they have a lump in their throat
- ④ be depressed
- ④ feel tired
- ④ have trouble concentrating
- ④ startle more easily than other people

Treatment

Successful treatment options may include:

- ④ Medications
- ④ Cognitive-behavioral therapy
- ④ Relaxation techniques
- ④ Biofeedback to control muscle tension

In general the symptoms of GAD seem to diminish with age.

How to receive help

A person with GAD can benefit from talking with a mental health professional, such as a psychologist, counselor, psychiatrist or social worker, who can assist in providing the patient and his or her family with additional approaches to treatment.

If you or someone you know has GAD or is in a crisis, contact NetCare Access at (614) 276-C.A.R.E. Mental health assessments are provided at both Netcare's crisis sites at 199 S. Central Avenue and 741 E. Broad Street on a walk-in, first-come-first-served basis, Monday through Friday from 8:30 a.m. to 3:30 p.m.

NetCare Access provides 24-hour crisis intervention and assessment services to Franklin County residents experiencing a mental health or alcohol/drug crisis. For more information on Netcare's services, contact us at:

Netcare Corporation
199 S. Central Avenue
Columbus, OH 43223

Administrative line: (614) 274-9500
Adult Assessment West (199 S. Central Avenue location): (614) 278-0122
Adult Assessment East (741 E. Broad Street location): (614) 278-0155
Crisis hotline: (614) 276-C.A.R.E

www.netcareaccess.org