|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Do You Know Someone who… | Do you know someone who… | Do you know someone who… | Do you know someone who… | Do you know someone who… |
| Is always worried about things, even when there are no signs of trouble. Has frequent aches and pains which can’t be traced to physical illness or injury.Gets tired easily yet has trouble sleeping. Experiences constant body tension. | Every day, fears he/she will do something very embarrassing. Has stopped going to parties because of a fear of meeting new people. Breaks out in a sweat and shakes uncontrollably when other people look at them.Stays home from school because they’re terrified of being called on in class. | Is so afraid of germs that he/she washes hands repeatedly until they are raw and sore.Can’t leave the house without checking the locks on every window and door over and over.Is terrified they will harm someone they care about.Can’t get these thoughts out of his/her head. | Has nightmares almost every night since the assault.The crisis is over, but terrifying flashbacks continue.Avoids places that remind him/her of the incident.Feels as though theycan’t trust anyone | Out of the blue, his/her heart starts pounding.Feels dizzy.Can’t breathe.Feels like they’re about to die.Has these symptoms over and over again. |
| Generalized Anxiety Disorder | Social Phobia | Obsessive Compulsive Disorder | Post Traumatic Stress Disorder | Panic Disorder |
| Both medication andpsychotherapy can helprelieve the symptoms ofGAD. | Both medication andcognitive-behavioraltherapy are effectivetreatments forSocial Phobia. | Both medication andbehavioral therapy canbe effective treatmentsfor OCD. | Both psychotherapy andmedication can beeffective treatments forPTSD. | Both medication andcognitive-behavioraltherapy are effectivetreatments forPanic Disorder. |