

Anxiety

For more information, or to make a referral, please call:

Innovations Partial Hospitalization Program
610-954-3838

Behavioral Health Intake (psychiatric evaluation or outpatient counseling)
610-954-2400

Bethlehem (Inpatient)
610-954-2265

Quakertown (Inpatient)
215-538-4736

Quakertown (Outpatient)
215-529-9240

Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse among men. Nearly 40 million people in the U.S. alone have suffered from panic attacks, phobias or other anxiety disorders in the past year.

Generalized Anxiety Disorder is diagnosed when a person has excessive anxiety and worry occurring more days than not for at least 6 months and finds it difficult to control the worry. He/she may be feeling restless, easily fatigued, irritable, unable to concentrate and tense. Sleep disturbances are also common. Types and severity of anxiety varies and can cause significant impairment in activities of daily living if left untreated.

What are some causes of anxiety?

1. **Heredity**
2. **Childhood circumstances**
3. **Cumulative stress over time**
4. **Significant personal loss**
5. **Significant life change**
6. **Stimulants and recreational drugs**
7. **Trauma**
8. **Anxious self-talk**
9. **Mistaken beliefs**
10. **Withheld feelings**

...and the list goes on.

If you, someone you know or one of your patients is experiencing any form of anxiety, please know that there is help and hope.

Please call us to schedule a time to meet with a professional who can help lower stress and discuss and decrease the symptoms of anxiety.

