

# Types of Anxiety Disorders

Hyland Behavioral Health

## ***Panic Disorder:***

People with panic disorder experience reoccurring and unexpected panic which may include:

- Sudden, irrational fear
- Feelings of danger or impending doom
- Heart palpitations, pounding heart or accelerated heart rate
- Sweating
- Trembling or shaking
- Shortness of breath or feelings of smothering
- Feelings of choking
- Chest pain or discomfort
- Nausea or stomach upset
- Feeling dizzy, lightheaded, faint
- Fear of losing control or going crazy
- Fear of dying
- Chills or hot flashes

## ***Phobias:***

Phobias are described as exaggerated, involuntary, and irrational fears of particular situations or things. They may be specific, like snakes, or flying, or specific to social situations like meeting new people or being embarrassed.

## ***Obsessive-Compulsive Disorder (OCD):***

OCD consists of persistent, intrusive, and inappropriate thoughts (obsessions) and repetitive behaviors that the person feels they must do (compulsions). Obsessions include fear of contamination, lucky or unlucky numbers, and extreme doubt. Compulsions may be hand washing, counting, checking, hoarding, and arranging.

## ***Post Traumatic Stress Disorder (PTSD):***

Personally experiencing or witnessing a violent or tragic event in which a person feels intense helplessness or horror can sometimes cause PTSD. These events may include rape, war, abuse, and serious accidents. With PTSD, the individual may re-experience the traumatic event through the following symptoms:

- Nightmares
- Irritability or outbursts of anger
- Hallucinations or flashbacks
- Trouble concentrating
- Persistent avoidance of anything associated with the event
- Extreme alertness
- Jumpiness
- Difficulty sleeping
- No hope for the future
- Inability to recall an important part of the event.

## ***Generalized Anxiety Disorder (GAD):***

Individuals with GAD experience excessive anxiety and worry about several everyday events or activities. The symptoms include:

- Edginess
- Irritability
- Fatigue
- Muscle tension,
- Difficulty concentrating
- Sleep disturbance



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# Anxiety Disorders

## Frequently Asked Questions

### **What is an anxiety disorder?**

Anxiety is an uncomfortable feeling of fear, concern about something that might happen, or uneasiness. Anxiety may produce “butterflies” in one’s stomach, the “jitters” before an event, or sweaty palms and racing heartbeat. When a person has an anxiety disorder, these feelings are present most of the time, and they become so severe that they interfere with that person’s life.

There are five types of anxiety disorders: panic disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder, and generalized anxiety disorder. *Please see the other side of this sheet for more information about the types of anxiety disorders.*

### **What causes anxiety disorders?**

There is no one certain cause, but several factors may contribute to anxiety disorders including brain chemistry, certain life experiences and a person’s general personality.

### **How are anxiety disorders diagnosed?**

A mental health professional will meet with you and review your symptoms. Your mental health professional will rule out any medical conditions, and may speak with those close to you to gain additional information.

### **How are they treated?**

Anxiety disorders are treated with medication, behavior therapy, and cognitive-behavioral therapy. After an evaluation by a psychiatrist or other mental health professional, the decision will be made as to which treatment is the most appropriate for each individual. *Please call 314.525.4400 to schedule an assessment with Hyland Behavioral Health.*

### **How Can I Take Care Of Myself?**

Follow the treatment your mental health professional advises, including taking medication as directed. In addition, learn which activities make you feel better and try to focus on them. Join a support group, talk to your family and friends, and ask for help when you need it. *Please see Hyland Behavioral Health’s resources for exercises and suggestions to help manage anxiety issues.*

### **Contact Information:**

Please call 24 hours a day for assessments.

**Assessment for Services:**  
314.525.4400

**Counseling Clinic:**  
314.525.1400

**Outpatient Services:**  
314.525.7296

We accept most insurance plans.

Hyland Behavioral Health is located on the campus of St. Anthony’s Medical Center in south St. Louis County.

It is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Member of the Association for Ambulatory Behavioral



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