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COMPANY CODE: STJOHNS



SUPPORT FOR ANXIETY

Anxiety disorders are real illnesses that are based on extreme fear. Over 21% of American adults ages 18-64 will have diagnosable anxiety disorders in a given year, making it the most common mental health concern in America.

Anxiety disorders are NOT: just stressing out, being a “neat freak,” being nervous with good reason, having feelings of anticipation before a big event, a character flaw or a sign of weakness.

If you or a loved one suffers from an anxiety disorder, you’re not alone. Free, confidential support is available 24/7/365 to all employees and their families through CCA@YourService, your Employee Assistance Program. Call for in-the-moment support, or to be connected to counseling and resources. Information and assessments are also available online.

Early diagnosis, detection and treatment have proven successful in relieving symptoms and helping people get their life back.

Anxiety disorders can affect the body, thoughts and behavior.

Common signs of anxiety disorders include:

- Chest pain, heart palpitations, shortness of breath, dizziness, stomach discomfort, nausea, fatigue, trembling, muscle tension, headaches, and trouble sleeping
- Exaggerated worry about everyday life
- Repeated, unwanted thoughts
- Anticipating the worst outcome in a situation even when it’s unlikely
- Rituals that seem impossible to control
- Avoidance of people, places, things
- Restlessness and irritability
- Easily startled, tense and jumpy