There are many different types of anxiety disorders, but some of the most common are Generalized Anxiety Disorder, Phobias, Social Anxiety Disorder, and Panic Disorder. Here are some of the signs for each.

**Generalized Anxiety Disorder**
- Feelings of constant, exaggerated worry and tension
- Always expecting the worst
- Difficulty relaxing or sleeping
- Physical symptoms such as tiredness, trembling, muscle tension, headaches, irritability or hot flashes
- Tightness in your chest or knots in your stomach

**Phobias**
- Being afraid of an object or situation that is actually relatively safe, but the thought of facing it brings on a panic attack or severe anxiety
- Intense fear of being humiliated or embarrassed in front of other people which keeps you from being social
- Having intense anxiety about being in places or situations that might make you feel helpless or trapped, often making it difficult to leave the house

31.9% of young people ages 13-18 have an anxiety disorder. 1

1/2 of young people ages 11-17 who took MHA’s anxiety screen scored positive for severe anxiety. 2

Having anxious feelings is different than having an anxiety disorder. When you have an anxiety disorder, anxious feelings are extreme, can happen without warning or reason, have physical symptoms, and last for extended amounts of time.

Being nervous, uneasy, or worried can be summed up as feeling anxious. Everyone feels anxious from time to time, and often for good reason—you may have a big test coming up, be changing schools, have concerns about relationships with friends, feel self-conscious in certain situations, or have a very realistic fear of something. In most cases, anxious feelings pass relatively quickly.
Screening is an anonymous, free, and private way to learn about your mental health and if you are showing warning signs of a condition. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with someone you trust about your mental health.

If you just don’t feel right or notice that someone else is struggling, it’s important to get help sooner rather than later. Reach out to a friend or trusted adult and tell them how you feel or that you are worried about someone. If you need help starting a conversation, visit www.mentalhealthamerica.net/timetotalk for tips on how to get started.

Trained crisis counselors are available 24/7 by texting “MHA” to 741-741 or calling 1-800-273-TALK (8255).

You can also download the NotOK app on Google Play or the App Store. The NotOK app allows you to identify up to 5 people who will receive a notification when you press a button indicating that you’re not ok.

Sources