

My heart's pounding, my stomach's in knots, I can't stop sweating, I feel like I'm going to die. I don't know what's happening to me.

This is so me.

That is so not her.



Some thoughts should not be kept private.

Talk to your health professional about what you may be experiencing. Anxiety disorders are real, serious, and treatable. For more information, visit www.adaa.org or call **1-800-922-8947**.

ADAA is the national leader and advocate on anxiety disorders.



ADAA *Women's* Initiative

ANXIETY
DISORDERS
ASSOCIATION
OF AMERICA