



## About ADAA

Anxiety Disorders Association of America (ADAA) is the only national, non-profit membership organization solely dedicated to informing the public, health professionals, and legislators that anxiety disorders are real, serious, and treatable conditions. The ADAA promotes the early diagnosis, treatment and cure of anxiety disorders, and is committed to improving the lives of the people who suffer from them.

Founded in 1980 as the Phobia Society of America, the organization expanded its scope and changed its name to ADAA in 1990 to encompass the full range of anxiety disorders.

Members include clinicians and researchers who treat and study anxiety disorders, individuals with anxiety disorders and their families, and other interested individuals. Through individual and corporate contributions and membership dues, the ADAA is able to provide educational information and resources on anxiety disorders and treatment options to those in need.

Through various activities, the ADAA aims to:

- Promote professional and public awareness of anxiety disorders and their impact on people's lives;
- Encourage the advancement of scientific knowledge about causes and treatment of anxiety disorders;
- Assist individuals with anxiety disorders in finding appropriate treatment and developing self-help skills;
- Reduce the stigma surrounding anxiety disorders.

To achieve these goals, the ADAA reaches out to clinicians, researchers, and other healthcare professionals, as well as public policy makers, educators, and individuals with anxiety disorders and their families. The ADAA also collaborates with other healthcare organizations nationwide.

Through our Web site, [www.adaa.org](http://www.adaa.org), ADAA provides listings of mental health professionals and self help groups across America, tips on how to choose a provider, facts on the different types of anxiety disorders, self-tests for each disorder, and many additional resources to help patients, doctors, and family members learn more about anxiety disorders.