

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.

That is so not her.

This is so me.



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.



**ANXIETY
DISORDERS
ASSOCIATION
OF AMERICA**