

That is so
not her.

This is
so me.

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.

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**