

The logo for the Anxiety & Depression Association of America (ADAA). It features the letters "ADAA" in a bold, white, sans-serif font. The letters are set against a dark blue rectangular background that has a green triangular shape pointing downwards from its bottom edge.

Anxiety & Depression
Association of America

Donor Case for Support

A decorative graphic at the bottom of the page consisting of several overlapping, jagged lines in shades of blue and purple, resembling a stylized mountain range or a signal waveform.

Triumphing Through Science,
Treatment, and Education

Your support helps bring together mental health professionals who improve care for individuals living with anxiety and depression. **Through training, education, and research translation**, ADAA ensures that effective, evidence-based treatments reach those who need them most.

We use **data and participant feedback** to continually improve our programs and increase the number of lives we can positively impact.

“At some point I integrated a motto to remind myself that I could recover. “Every moment is an opportunity to get better” became my slogan. It sounds corny but it helped. Mental illness does not have to define us—there is hope thanks to ADAA.”

-Asher, I’m So OCD –
But I’m Also So Much More



Anxiety & Depression
Association of America

Our Membership

ADAA is the only nonprofit organization that focuses exclusively on anxiety disorders and depression and is also the only multidisciplinary mental health professional organization engaging the world’s leading experts, students, and early career professionals who are in clinical practice or conduct research on anxiety, depression, and related disorders. ADAA is a 501 (c) 3 nonprofit.

Our Impact

ADAA educates and supports millions of people worldwide through our website annually. As a critical front-line resource, we provide **free trustworthy and evidence-based information** empowering individuals to connect to the help they need.

Our mission to **alleviate mental health suffering** across the globe requires the support of individual, corporate and foundation philanthropic communities. **We hope you will join us in accelerating our work and expanding our reach to provide hope and a cure.**

The numbers are sobering but our mission is clear. With your help, we will continue to improve the quality of life for those with anxiety, depression, and related disorders through education, practice, and research.

Anxiety and Depression Disorders by the Numbers

322M people worldwide live with depression

301M people worldwide experience an anxiety disorder

50,000 die by suicide in the US each year

7M Black and African Americans in the US are living with depression

6M adults are affected by panic disorders

2.5M of the U.S. population is affected by OCD

60% of adolescents with a major depressive episode did not receive treatment

8% of children and teenagers experience an anxiety disorder

3.6% of the U.S. population are affected by PTSD

19M U.S. adults are affected by specific phobias

3X women are three times more likely to be affected by OCD

5X women are five times more likely to be affected by PTSD

ADAA Annual Snapshot



1,200 professional members



Board comprised of distinguished researchers and clinicians



Only interdisciplinary organization of its kind



Disseminating information and resources across multiple platforms



Dedicated staff members



Annual conference bringing together 1,200+ leading researchers and clinicians

Break the Stigma

The Anxiety and Depression Association of America (ADAA) helps people who suffer from anxiety, depression, and related issues. We offer **free educational resources and support scientific research** by bringing together mental health professionals who volunteer their time.

We raise awareness about the causes of and best treatments for anxiety, depression, and related disorders by disseminating cutting-edge science, promoting evidence-based clinical practice, and educating professionals and the public. Our **ultimate goal is to prevent and cure** anxiety, depression, OCD, PTSD, and related disorders.

As the only organization focused on these issues, we have a responsibility to make a difference. We work to **improve patient care** and provide patients with the information they need to get help.

We know that many people don't seek help because of the stigma around mental health. ADAA works to **break down stigmas** through education and collaboration.

Our approach brings together researchers and therapists to improve treatments for anxiety and depression. By sharing best practices, we aim to accelerate progress in treating and curing these conditions.

ADAA is focused on two (2) urgent priorities:

1. **Advancing Science, Research, and Treatment Through Transformative Treatments**
2. **Developing and Disseminating Educational Tools and Resources for Professionals and the Public Including Underserved Communities**

ADAA envisions a future where all affected by anxiety, depression, and related disorders can access the help they need to lead fulfilling lives.

As we pursue possible cures to these disorders, we must be prepared to meet the inevitable financial demands that accompany ambitious and important endeavors.

Break the Stigma

Advancing Science, Research, Treatment, and Implementation

We contribute to **global research**, bringing us closer to finding a cure.

Our **scientific journal** shares groundbreaking research openly.

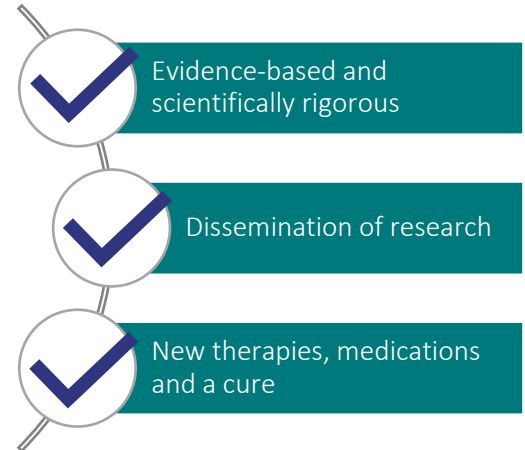
With a **diverse membership** and global reach, ADAA's impact is significant.

Collaboration drives innovation, leading to **new therapies and a cure**.

Investing in mental health is investing in humanity's well-being.

We act swiftly, **supporting and distributing research in real-time**. This allows professionals to use cutting-edge findings immediately.

Investing in science and prevention **inspires the next generation of researchers and clinicians**. We are committed to nurturing this critical work for the future.

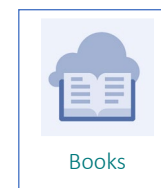
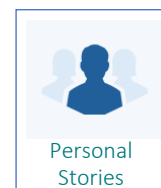
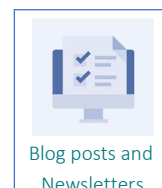
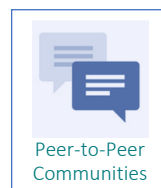
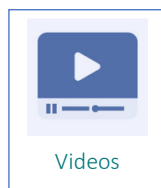
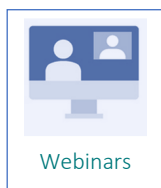


Developing and Expanding Evidence-Based Educational Tools and Resources Including Underserved Communities

ADAA educates and supports millions of people worldwide through our website annually. **As a critical front-line resource**, ADAA provides **free** trustworthy and evidence-based information empowering individuals to connect to the help they need.

Through our community of expert professional members, ADAA develops and shares relevant, and accessible educational resources and intervention tools with the public. **Providing free, evidence-based, and easily accessible information** for an individual struggling with an anxiety or depression disorder can make a critical and life-saving difference.

The stigma around mental health and mental health care can often create a barrier stopping someone from seeking help. We are committed to **breaking the stigma of mental health and putting the tools and resources in the hands of anyone who is suffering**.



Your Health is Mental Health

The numbers are staggering across the globe – **359 million people** experiencing an anxiety disorder and **332 million people** with depression. Whether it is you or someone you love, we are all directly impacted by mental health.

While it is easy to identify those around us who are physically ill, it is not always apparent when someone is struggling with their mental health.

These disorders are often invisible, hidden, and stigmatized.

ADAA is here and committed to providing **free**, comprehensive, and evidence-based resources about the causes, symptoms, and treatments of anxiety, depression, OCD, PTSD, and co-occurring disorders.

With partners like you, we will continue to triumph through science, treatment, and education. We will continue to expand our reach and provide support to those struggling while simultaneously empowering our professional community to further research and find a cure.

With your support ADAA will continue to prevent, treat, and cure anxiety disorders and depression.

Your Gift Changes Lives
Anxiety & Depression Affects Everyone
ADAA

NO BAD DAYS
THE FUTURE IS BRIGHT



Anxiety & Depression
Association of America

Triumphing Through Science,
Treatment, and Education

**Support
ADAA Today**

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