



Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education

ADAA Statement on Trauma – 2023

Anxiety, depression, and trauma that can stem from human acts of aggression, violence, terrorism, and war are profound and devastating. Exposure to trauma of any kind is detrimental to one's mental health and clinicians who treat trauma can also be deeply affected.

Since The Anxiety and Depression Association's (ADAA) founding over 40 years ago, we have been committed to ensuring that everyone who struggles with an anxiety disorder, depression or PTSD can obtain the resources they need to live healthier and more productive lives. We provide free mental health resources to people who suffer with these disorders (and to their loved ones) and to mental health professionals who treat people with these disorders.

Please explore [our website](#) for videos, webinars, books, and articles about anxiety and trauma, visit our online support group community, and [search for a therapist](#) from our ADAA professional membership.

- [ADAA's Find Your Therapist Directory](#)
- [ADAA's Free Peer to Peer Online Support Communities](#)
- [ADAA Self-Help Bookstore](#)
- [Understanding Trauma](#) – Website page
- [Understanding Generalized Anxiety](#) – Website page
- [Understanding PTSD](#) – Website page
- [Understanding Depression](#) – Website page
- [What is Psychological Trauma](#) – On-Demand Webinar
- [Traumatic Experiences – Getting Stuck and Unstuck](#) – Blog
- [What is Trauma? What is PTSD? Who is Affected and How to Get Help](#) = Blog