



ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

At-a-Glance



Our Mission and Vision

With Treatment Comes Triumph



ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive, and trauma-related disorders through education, practice, and research.

ADAA's unique interlinked consumer and professional mission focuses on improving quality of life for those with these disorders.

Engaging the Public

ADAA focuses on improving quality of life for individuals and their families struggling with anxiety and depression. Every day ADAA staff and our members work tirelessly to educate consumers about the latest research and treatment options, bringing together the greatest minds in the field to raise awareness and work toward wellness.

- ADAA offers:
- Information
 - Education
 - Treatment options
 - Support

Resources

- Find A Therapist
- Newsletters
- Webinars
- Podcasts
- Blogs
- Mental Health Apps
- Online Support Groups

Engaging Professionals

ADAA is the only multidisciplinary professional organization in mental health that engages the world's leading experts who focus on anxiety, depressive, obsessive-compulsive, and trauma-related disorders. ADAA members are psychiatrists, psychologists, neuroscientists, researchers, nurses, social workers, therapists and more.

- ADAA works with professionals to help improve patient care by promoting implementation of evidence-based treatments and best practices across disciplines through continuing education and trainings and accelerating dissemination of research into practice.

Member Benefits

- Promote your practice
- Access to ADAA Journal
- Professional education opportunities and resources
- Network, collaborate, share research

Learn more about ADAA

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