

*Wishing you and yours a warm
and meaningful holiday season*



Thinking About the Best Way to Thank our Staff This Holiday Season?

Why Not Give Back and Pay it Forward by
Making a Gift in Our Name to ADAA?



**ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA**

ADAA supports people like you.

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 mission supports individuals and families by focusing on improving quality of life for those with anxiety and depression disorders.

How ADAA Helps

Every day ADAA staff and its professional members work tirelessly to educate the public 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

ADAA Free Resources

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

Thank you and Happy Holidays!



Learn more about ADAA

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