



Creating a Brighter Tomorrow since 1957

2335 9th St. N, Suite 404
Naples, FL 34103
Phone: (239) 261-5405
Fax: (239) 261-2931
E-mail: info@mhaswfl.org

ANXIETY SUPPORT GROUP

Meets every Monday, 10:30 a.m. to noon in the MHASWFL office

Life can be enjoyable again! With recognition and treatment, you can overcome anxiety disorders. Many people find that support groups, as an option in addition to other treatments, provide a beneficial boost during the recovery phase of their anxiety disorder. Support group members share their experiences with the problem, learn coping skills and exchange information on treatment experiences.

Support groups are proven to be effective in resolving issues and concerns related to anxiety, the most common of all mental disorders.

Anxiety brings on feelings of apprehension, fear of the future, fear of failure, fear of danger. It is worry that won't go away and brings with it uncomfortable physiologic and emotional effects.

Anxiety disorders include acute stress disorder, post-traumatic stress, generalized anxiety, agoraphobia, and compulsive/obsessive disorder.

Anxiety Information Fact Sheets - Free Information

In order to better serve the public, MHASWFL provides an information and referral service. We provide fact sheets and brochures on various mental health issues, as well as referrals to a broad range of local services and support groups. Please click on any of the subjects below for the MHASWFL fact sheet on that subject.

If you would like single copies of our brochures or referrals to local mental health services, please call 1-239-261-5405.

- General Anxiety Disorder
- Obsessive-Compulsive Disorder
- Panic Disorder
- Phobias
- Post Traumatic Stress Disorder

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