

Resources for Help

**Normandale Community College
Advising & Counseling Department, C1032**
952-358-8261
Counseling, Psychotherapy, Referrals

Your Health Insurance Provider
Check with your provider for referrals that are covered under your insurance plan.

**Acute Psychiatric Services at Hennepin
County Medical Center**
612-873-3161

**C.O.P.E. (Community Outreach for
Psychiatric Emergency)**
612-596-1223
24/7 crisis line, no medical insurance;
will come to you for assessment.

“The first time I had a panic attack, I thought there might be something wrong with my heart. It pounded like crazy, I was sweating profusely, my hands were trembling, the room around me began to spin and everything seemed to get louder. Sometimes the attacks left me so disoriented I would have to grab hold of a piece of furniture to steady myself. It was hard to explain to other people what was going on with me and was also really embarrassing...”



Psychiatric Emergency Services
no medical insurance.
Suicide Hotline: 612-873-2222

The Walk-In Counseling Center
612-870-0565
www.walkin.org
2421 Chicago Avenue South, Minneapolis, MN 55404
Crisis intervention and short-term counseling to individuals, couples and families. No appointment is necessary during counseling hours. These services are free, but donations are appreciated.

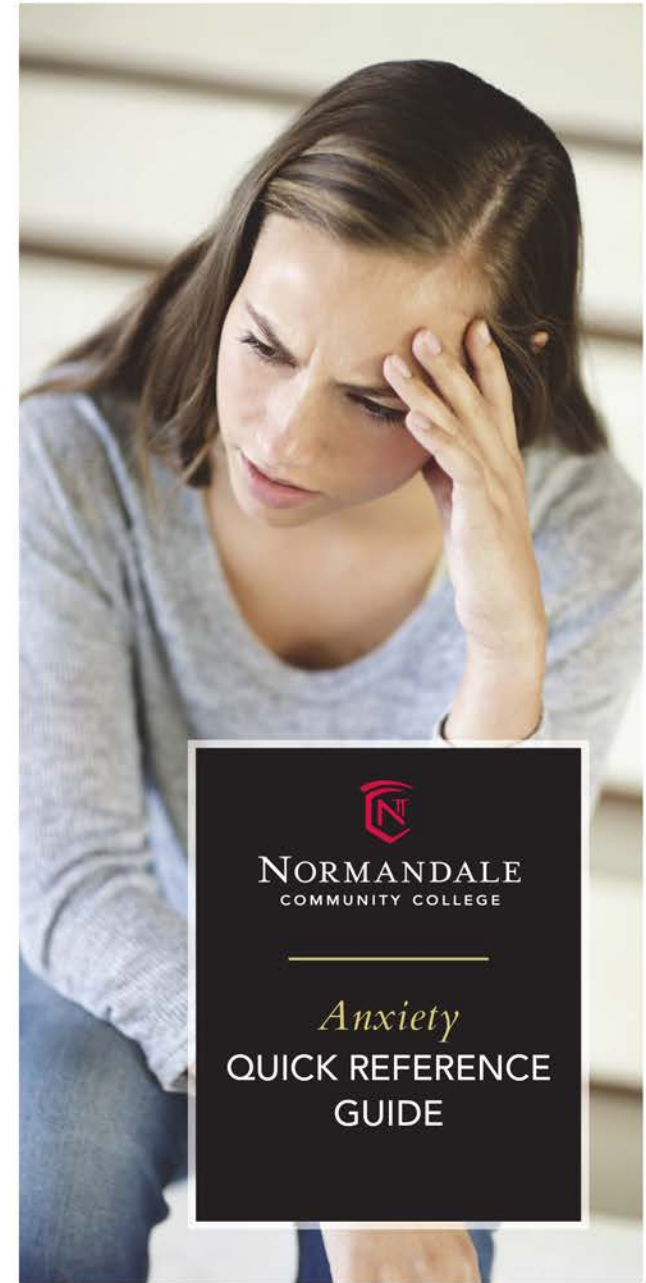
For more information, view
<http://www.adaa.org/about-adaa/press-room/multimedia/glass-people> (a video produced by Anxiety and Depression Association of America)



NORMANDALE
COMMUNITY COLLEGE

9700 France Ave S. Bloomington MN 55431
www.normandale.edu/counseling
952-358-8261

Normandale Counseling
Anxiety




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Anxiety
**QUICK REFERENCE
GUIDE**

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What are Anxiety Disorders?

Anxiety is a normal emotion people feel in response to stressful events like taking a test, giving a speech, or starting a new school year. However, this normal emotion can be described as a disorder if it starts to interfere with one's daily routine.

Anxiety disorders can cause people to feel excessively frightened, distressed, or worried and for some these feelings may be constant and overwhelming. They might experience obsessive thoughts, panic attacks, flashbacks of a traumatic event, or nightmares. Anxiety disorders vary; the most common are: generalized anxiety disorder (GAD), panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder (SAD) and other specific phobias.

Signs and symptoms of Anxiety may include:

People with anxiety may have uncontrollable thoughts, excessive worry about a variety of events, difficulty concentrating, muscle tension, fatigue, restlessness, sleep disturbance, irritability, gastrointestinal discomfort or diarrhea, pounding heart, sweating, shaking, dizziness, hot flashes, chest pain, shortness of breath, choking feeling, nausea, feelings of unreality, feelings of being detached from oneself, fear of losing control, fear of going crazy, fear of imminent death and/or chills.

People with anxiety disorders may sometimes abuse alcohol or drugs in an effort to alleviate some of these symptoms.

People with anxiety may also be diagnosed with depression.



How to help yourself, if you are feeling excessively anxious

- Be evaluated or treated as soon as possible
- Take notes of your daily activities and how frequently the anxiety moments occur; try to identify any environmental trigger
- Engage in physical activities to reduce stress
- Practice mindfulness or meditation or take time to sit and reflect quietly in a calm environment
- Be sure to eat healthy and nutritious food selections and get adequate rest
- Talk to a close friend or family member



How to help an especially anxious friend or loved one

- Encourage your friend or relative get treatment
- You may need to make an appointment and accompany him or her to see a therapist or doctor
- Never ignore comments about suicide; report them to your loved one's therapist or doctor, take your loved one to the emergency room or call a crisis line
- Offer emotional support, understanding, patience and encouragement
- Listen carefully, with an open and empathetic mind
- Be respectful of their feelings and perspective; Listen carefully, with an open and empathetic mind
- Provide assistance in getting to appointments

“40 million adults suffer from an anxiety disorder and 75% of them experience their first episode by age 22.”

—Anxiety and Depression Association of America