

Help and Resources

It is important to receive help for your anxiety disorder. The Campus Assistance Program is a free and **confidential** resource available to all faculty, staff, residents, students, and employees of LSUHSC.

FOR MORE
INFORMATION
CALL
568-8888



For Help. Call Today.

Campus
Assistance
Program

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LSU
Health Sciences
Center

**Campus
Assistance
Program**

Signs of
and
Help for
Anxiety



Prepared by The LSUHSC
Campus Assistance Program.
504-568-8888

Anxiety



People with an anxiety disorder are 3-5 times more likely to go to the doctor than non-sufferers.

People feel a certain amount of anxiety and fear throughout their lives. This is a normal part of life. However, for millions of Americans anxieties and fear are a regular and overwhelming part of daily life. These people suffer from anxiety disorders, a group of five, terrifying and crippling, psychiatric disorders. Experts believe that these disorders

are caused by a mixture of biological and environmental factors. Anxiety disorders are very real and very serious, but ultimately treatable.

With the right professional care the vast majority of people with anxiety disorders can be helped.

- Anxiety disorders develop from a complex set of factors. These factors include genetics, brain chemistry, personality, and life events.
- It is estimated 19 million adults in the U.S. suffer from anxiety disorders.
- Although only about one-third of those suffering from an anxiety disorder receive treatment, it is a highly treatable disorder.

Types of Anxiety

- **Generalized Anxiety Disorder (GAD)**- GAD is characterized by excessive, unrealistic worry that lasts six months or more; in adults, the anxiety may focus on issues such as health, money, or career. Other symptoms include, trembling, muscular aches, insomnia, abdominal upsets, dizziness, and irritability.
- **Obsessive-Compulsive Disorder (OCD)**- Individuals are plagued by persistent, recurring thoughts that reflect exaggerated anxiety or fears; typical obsessions include worry about being contaminated or fears of behaving improperly or acting violently.
- **Panic Disorder**- People with panic disorder suffer severe attacks of panic- which may make them feel like they are having a heart attack or are going crazy- for no apparent reason. Symptoms include heart palpitations, chest pain or discomfort, sweating, trembling, tingling sensations, feeling of choking, fear of dying, fear of losing control, and feelings of unreality. Agoraphobia often occurs.
- **Post-Traumatic Stress Disorder (PTSD)**- PTSD can follow an exposure to a traumatic event such as a sexual or physical assault, witnessing a death, the unexpected death of a loved one, or natural disaster. There are three main symptoms associated with PTSD: Reliving of the traumatic event; avoidance behaviors and emotional numbing; and physiological arousal such as difficulty sleeping and irritability or poor concentration.
- **Social Anxiety Disorder (Social Phobia)** - Characterized by extreme anxiety about being judged by others or behaving in a way that might cause embarrassment or ridicule. This intense anxiety may lead to avoidance behavior.
- **Specific Phobias**- People with specific phobias suffer from an intense fear reaction to a specific object or situation (such as spiders, dogs, or heights); the level of fear is usually inappropriate to the situation, and is recognized by the sufferer as being irrational. This inordinate fear can lead to the avoidance of common, everyday situations.

Getting Help

The LSUHSC Campus Assistance Program (CAP) is a free service provided by LSU Health Sciences Center to assist faculty, staff, residents, students and employees in the resolution of personal problems.

LSUHSC recognizes that everyone, at some time, needs a “helping hand” or assistance. Whether you have a simple or a complex problem, CAP can help.

If you or an immediate family member has a problem for which you need assistance, you can call the CAP. A counselor will discuss your problem over the telephone or set a time to meet with you personally.

Any contact that you have with the CAP is **confidential**, whether that contact is by phone or personal appointment.

The intent of the CAP is to prevent problems from affecting your job or school performance. It is an offer to help, not an attempt to pry. Early attention to such personal problems can often avoid costly, burdensome consequences.

A Counselor is on call and available to you 24 hours a day, seven days a week. So please call today.

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