



For Help, Call Today

The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program

Human Development Center

411 S. Prieur St.
2nd Floor Office 233
New Orleans, LA
70112
Phone: (504) 568-8888



Campus Assistance Program



Signs of and Help for Anxiety

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



Anxiety

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. 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.
- Anxiety disorders are the most common mental illness in the US, affecting 40 million adults (18.1% of the US population) in the US age 18 or older.
- Anxiety is a highly treatable disorder.

Anxiety and Stress Disorders Include:

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.

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, 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

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 with 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.