A PERSONALIZED GUIDE

Anxiety Care for Ladson Adults

Calmer days in your next chapter

HOPE BEHAVIORAL MEDICINE

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Chapter One

Care that fits a shift

Ladson adults can be seen by secure video, booked during a break or before or after work.

Chapter Two

When worry lingers

Worry about ordinary matters on most days for at least six months can be generalized anxiety disorder.

Chapter Three

A careful first visit

Your provider uses questionnaires such as the GAD-7 and checks for medical causes before a plan is built with you.

Chapter Four

Skills that last

NIMH calls cognitive behavioral therapy the gold standard therapy for GAD, and it teaches skills you keep.

Chapter Five

Chest pain comes first

Panic can feel like a heart attack. Get new chest pain checked, and call 911 if you are unsure.

Epilogue

Support for worry that lingers.

Cognitive behavioral therapy is the therapy NIMH calls the gold standard for GAD. A first visit by video is a practical place to start.

Ready to write your next chapter?

Start anxiety care by video from Ladson.

BOOK A VISIT

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