A PERSONALIZED GUIDE

Anxiety Care for Rock Hill Adults

Steadier days in your next chapter

HOPE BEHAVIORAL MEDICINE

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Chapter One

Care between classes

Rock Hill adults and students 18 and older can be seen by secure video, booked between classes or work.

Chapter Two

More than worry

Anxiety can show up as restlessness, poor sleep, headaches, muscle aches and trouble concentrating.

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

The gold standard

Cognitive behavioral therapy is the gold standard therapy for GAD. It teaches skills that last well beyond school.

Chapter Five

When chest pain comes

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

Epilogue

Skills you keep for life.

Anxiety responds well to treatment at any age. A first visit by video is a practical way to start, wherever you are in York County.

Ready to write your next chapter?

Start anxiety care by video from Rock Hill.

BOOK A VISIT

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