A PERSONALIZED GUIDE

Anxiety Care for Sumter Adults

Calmer ground for your next chapter

HOPE BEHAVIORAL MEDICINE

hopebehavioralmedicine.com

Table of

Contents

1 No waiting list 3

2 Screening up to 64 4

3 Too often missed 5

4 For military families 6

5 Treatment that helps 7

Chapter One

No waiting list

Sumter County has too few mental health professionals, and a video visit means you do not wait for a local opening.

Chapter Two

Screening up to 64

Anxiety screening is recommended for adults 64 and younger, including during and after pregnancy.

Chapter Three

Too often missed

Anxiety disorders often go unrecognized, and years can pass before treatment starts. Asking is a good first step.

Chapter Four

For military families

Deployments and moves can strain service members and spouses. Video care can continue after a move within South Carolina.

Chapter Five

Treatment that helps

Care can include cognitive behavioral therapy, medication when indicated or both, decided jointly with you.

Epilogue

You do not have to wait.

Anxiety responds well to treatment at any age. A short questionnaire and a first visit by video are a practical place to start.

Ready to write your next chapter?

Start anxiety care by video from Sumter.

BOOK A VISIT

HOPE BEHAVIORAL MEDICINE

hopebehavioralmedicine.com