

<http://www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml>

ANXIETY DISORDERS

A detailed booklet that describes the symptoms, causes, and treatments of the major anxiety disorders, with information on getting help and coping (2009).

[Introduction](#)

[Panic Disorder](#)

[Obsessive-Compulsive Disorder](#)

[Post-Traumatic Stress Disorder](#)

[Social Phobia \(Social Anxiety Disorder\)](#)

[Specific Phobias](#)

[Generalized Anxiety Disorder \(GAD\)](#)

[Treatment of Anxiety Disorders](#)

[How to Get Help for Anxiety Disorders](#)

[Role of Research in Improving the Understanding and Treatment of Anxiety Disorders](#)

[Citations](#)

[For More Information](#)

[View the complete publication](#)

[Download the PDF for the Web \(26 page\(s\), 356 KBs\)](#)

[Order a hardcopy](#)

See all NIMH publications about: [Anxiety Disorders](#), [Generalized Anxiety Disorder](#), [Obsessive-Compulsive Disorder \(OCD\)](#), [Panic Disorder](#), [Post-Traumatic Stress Disorder](#), [Social Anxiety Disorder](#)

[También disponible en Español](#)

[Browse Mental Health Topics](#)

[About NIMH Publications](#)

Footer

Some NIMH pages link to PDF files. [Download Adobe Reader](#) to view and print PDF files.