What is it like to have GAD?

"I was worried all the time about everything. It didn't matter that there were no signs of problems, I just got upset. I was having trouble falling asleep at night, and I couldn't keep my mind focused at work. I felt angry at my family all the time."

"I saw my doctor and explained my constant worries. My doctor sent me to someone who knows about GAD. Now I am taking medicine and working with a counselor to cope better with my worries. I had to work hard, but I feel better. I'm glad I made that first call to my doctor."

Where can I find more information?

To learn more about generalized anxiety disorder, visit:

MedlinePlus (National Library of Medicine):
http://medlineplus.gov
(En Español: http://medlineplus.gov/spanish)

For information on clinical trials, visit:
ClinicalTrials.gov: http://www.clinicaltrials.gov

For more information on conditions that affect mental health, resources, and research, go to **MentalHealth.gov** at http://www.mentalhealth.gov, the **NIMH website** at http://www.nimh.nih.gov, or contact us at:

National Institute of Mental Health
Office of Science Policy, Planning,
and Communications
Science Writing, Press, and Dissemination Branch
6001 Executive Boulevard
Room 6200, MSC 9663
Bethesda, MD 20892–9663
Phone: 301-443-4513 or
1-866-615-NIMH (6464) toll-free
TTY: 301-443-8431 or
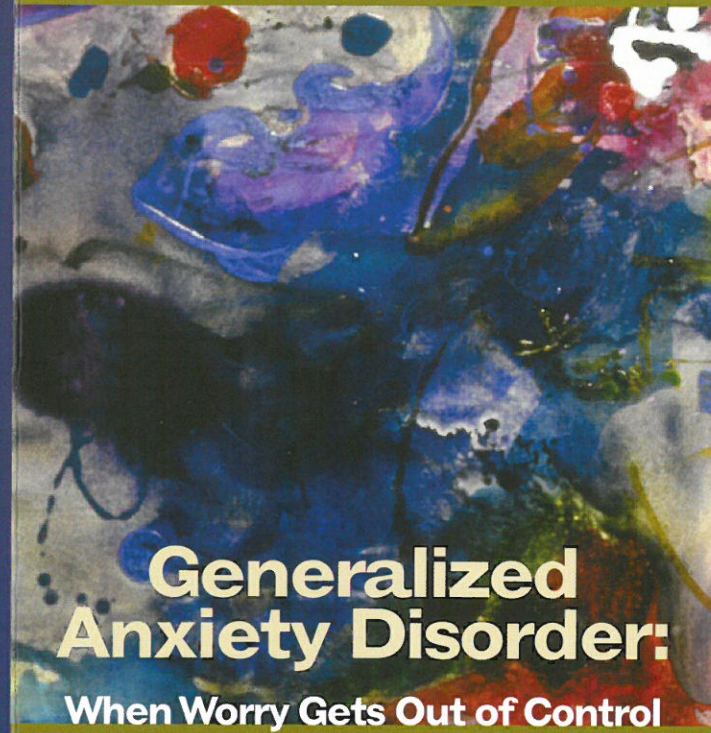1-866-415-8051 toll-free
Fax: 301-443-4279
Email: **nimhinfo@nih.gov**
Website: **http://www.nimh.nih.gov**

Generalized Anxiety Disorder:
When Worry Gets Out of Control

Are you extremely worried about everything in your life, even if there is little or no reason to worry? Are you very anxious about just getting through the day? Are you afraid that everything will always go badly?

If so, you may have an anxiety disorder called generalized anxiety disorder (GAD).

National Institute of Mental Health
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health