

**My heart's pounding, my stomach's in knots, I can't stop sweating, I feel like I'm going to die. What's happening to me?**



**Some thoughts should not be kept private.**

Talk to your health professional about what you may be experiencing. Anxiety disorders are real, serious, and treatable. For more information, visit our Web site **[www.adaa.org](http://www.adaa.org)** or call **1-800-922-8947**.

ADAA is the national leader and advocate on anxiety disorders.



**ANXIETY**  
**DISORDERS**  
**ASSOCIATION**  
**OF AMERICA**

ADAA *Women's* Initiative