



St. Joseph's Behavioral Health Center

CHW

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## Free Help Available for Anxiety Sufferers

*Anxiety Disorders Screening on May 4, 2005  
at St. Joseph's Behavioral Health Center in Stockton*

news release

What do Barbara Streisand, Donny Osmond, Carly Simon, and 17 million Americans have in common? They have all suffered from an anxiety disorder, one of America's most common mental illnesses. Individuals who suffer from an anxiety disorder experience a variety of symptoms that can include spontaneous panic attacks, endlessly checking and rechecking their actions, persistent and uncontrollable worry, and anxiety in social situations. Anxiety disorders include Panic Disorder, Generalized Anxiety Disorder (GAD), Social Phobia, and Obsessive Compulsive Disorder (OCD).

With the increase of environmental disasters in the world such as hurricanes, earthquakes, the Iraq war, and September 11, psychiatric researchers have noted an increase in Post-traumatic Stress Disorder (PTSD) after individuals experienced any severely distressing or traumatic event.

Untreated anxiety disorders often can lead to substance abuse, depression, and even suicide. To help individuals learn about anxiety disorders, their symptoms, and effective treatments, St. Joseph's Behavioral Health Center will host a **free** screening on Wednesday, May 4, 2005, as part of a national outreach project. The screenings will be conducted privately at St. Joseph's Behavioral Health Center, 2626 N. California Street, Suite J, Stockton, from 8 a.m. to 6

p.m. Appointments are encouraged, but walk-ins are welcome. The screening includes viewing a video, completing a brief questionnaire, meeting with a mental health professional to review the questionnaire, and receiving information about various anxiety disorders and mental illnesses.

“Anxiety disorders bring tremendous suffering and pain to millions of Americans each year,” says Mary Guardino, founder of the National Anxiety Disorders Screening Project.

“That’s the sad news; the good news is these illnesses can quickly and effectively be treated.

Participating in the screening day on May 4, 2005, is the first step in finding help.”

***About St. Joseph’s Behavioral Health Center:***

St. Joseph’s Behavioral Health Center, CHW, is a licensed not-for-profit psychiatric and substance abuse hospital serving Central California with inpatient and outpatient services. St. Joseph’s Behavioral Health Center is affiliated with St. Joseph’s Medical Center and is a member of Catholic Healthcare West (CHW), a system of 43 acute care hospitals in California, Arizona and Nevada. For more information visit our website at [www.StJosephsCanHelp.org](http://www.StJosephsCanHelp.org).

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