Harmony
A MEMBER OF TRANSFORMATIONS CARE NETWORK

Find Balance and Harmony with your Mental Health

Living with anxiety feels overwhelming, but you're not alone.

About one in five American adults have experienced some form of anxiety within the past year. If worry, tension, or avoidance are starting to interfere with your ability to function, this could be an anxiety disorder. We're here to support you on your healing journey.



Understanding Your Anxiety

Anxiety is a mental health condition characterized by excessive worry beyond what makes sense for the situation. It could be widespread, impacting every area of your life, or it could focus on a specific target, such as social anxiety or a specific phobia. Anxiety is shaped by genetics and brain chemistry, it is not your fault.

How Your Anxiety Might Feel

- You can't get your brain to turn off "worry mode," and you may find your thoughts spiraling uncontrollably.
- You might have trouble falling asleep or staying asleep, or notice changes to your appetite.
- You may feel like the worry or panic is interfering with your ability to work and function normally.
- You might have an increased heart rate and rapid or shallow breathing, feeling panicked or on alert.

What to Expect From Treatment

Therapy has been proven to be extremely effective for treating anxiety. Our therapists can guide you in starting to notice the connections between your thoughts, feelings, and behaviors. Our psychiatric providers can also determine whether medication would be a helpful part of your care plan and what would be best for your symptoms.

Your Pathway to Relief

Treatment works: A large study found that about 75% of people who tried therapy experienced a significant reduction in symptoms. People attending therapy for anxiety typically start to feel better within a couple of months, and anxiety medications can start working in 4-6 weeks.

75%
of therapy clients see real improvement

Support for your anxiety starts here. Reach out today.

(304) 833-9025 • www.grwhealth.com/lp/get-started