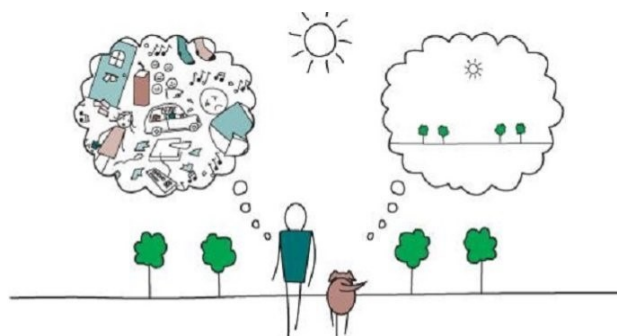


## Common Signs and Symptoms of Anxiety and/or Depression in Adults

- Sleep Disturbance
- Poor Concentration
- Increased Fatigue
- Muscle Tension
- Excessive Worrying
- Irritability
- Compulsive Behaviors
- Panic Attacks
- Phobic Avoidance
- Sad Mood
- Loss of Interest
- Feelings of Helplessness
- Change in Appetite
- Suicidal Thoughts
- Abuse of Alcohol and Drugs

### Mindfulness as a Coping Tool

*In simple terms, Anxiety is excessive worrying about the future while Depression is extreme remorse about the past. Being mindful means paying close attention to what's happening in the moment. Put simply, mindfulness is about being present and aware of what's happening around you.*



Mind Full, or Mindful?



New Horizons Behavioral Health is the public not-for-profit provider of community-based mental health, addictive disease and developmental disability services for Clay, Chattahoochee, Harris, Muscogee, Quitman, Randolph, Stewart and Talbot counties.

**Call 706-596-5500 for an Intake Appointment.**  
**Ask about Telehealth Services.**



*Know the Signs and Symptoms of Depression and Anxiety in Yourself and Others and the Resources Available when you need Help Coping.*

**New Horizons  
Behavioral Health**

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[www.nhbh.org](http://www.nhbh.org)**

## What is trauma?

When people think of trauma, they often focus on physical injuries. However, people also can experience psychological trauma after witnessing or experiencing distressing events. Trauma can be caused by natural disasters, including pandemics. Reactions to trauma can be immediate or delayed. Responses may differ in severity and can include a wide range of behaviors and responses.



## Common Responses to Trauma Among Children

Depending on the age of the child, the following, you may notice the following signs and symptoms of trauma:

- Cling to parents or caregivers.
- Cry and be tearful.
- Have tantrums and be irritable, angry and disruptive.
- Complain of physical problems such as stomachaches or headaches.
- Suddenly return to behaviors such as bed-wetting and thumb-sucking.
- Isolate themselves from family and friends.
- Have nightmares, refuse to go to bed, or experience other sleep problems.
- Be unable to concentrate.
- Develop unfounded fears.
- Lose interest in fun activities.



Before the COVID-19 Pandemic, Anxiety Disorders already ranked as one of the most common mental health problems in the US affecting an estimated 40 million adults. Before the COVID-19 Pandemic, about 9% of the US adult population had feelings of hopelessness, despondency or guilt that generate a diagnosis of Depression and 3% of US Adults had Major Depressive Disorder.



**ANXIETY and DEPRESSION  
are Treatable Medical  
Conditions in Adults, Teens  
and Children.**

## Anxiety, Depression and Stress in Adults

Anxiety is a normal response to a stressful situation. But when the stress is prolonged, Anxiety may rise to a level beyond our individual coping skills and require medical intervention. It is important to know the Signs and Symptoms of Anxiety in ourselves and others so we know when to seek help.



Most people feel Sad or Depressed at times. It is a normal reaction to loss or life's struggles. But when intense sadness – including feeling helpless, hopeless, or worthless – last for many days to weeks – it may be something more than sadness; it could be Clinical Depression – a treatable medical condition. It is important to know the signs of Depression in ourselves and others so we know when to seek help.



**The Georgia Covid-19 EMOTIONAL  
SUPPORT LINE is available 24/7 if you  
need someone to talk with as you cope.**