

## **Counseling, Anxiety Disorders**

Programs for disorders that are characterized by persistent feelings of apprehension, worry, uneasiness or dread the source of which is frequently nonspecific or unknown to the individual which may be accompanied by restlessness, irritability, lack of concentration, difficulty sleeping, increased heart rate, shortness of breath and other physiological symptoms.

Apps

### **Sanvello: Anxiety & Depression**

Sanvello provides clinically validated tools to relieve symptoms of stress, anxiety and depression so you can feel better. Formerly called Pacifica.

Source

[Sanvello: Anxiety & Depression](#)

Links

### **Anxiety and Depression Association of America (ADAA)**

Source

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Links

### **Anxiety Coach**

Source

[Anxiety Coach](#)

Article

### **Medications Used to Treat Anxiety**

Learn more about some of the most common medications used for anxiety disorders.

Source

[National Institute of Mental Health](#)

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