

3. Who is affected by Anxiety Disorders?

4. What "triggers" Anxiety Disorders?

5. What should you do if you suspect you have an Anxiety Disorder?

6. Treatment involves a combination of the following strategies.
 - a. **Counselling** – Describe what is involved in cognitive-behavioural therapy (CBT)

 - b. **Medication**- What type of medications have proven helpful.

 - c. **Support Groups** – What are the two types?

 - d. **Self-help Strategies**- List three strategies that have proven helpful

7. **Helping A Loved One**

List three tips that are useful when helping a loved one experiencing anxiety disorder.