

WHEN IT'S **NOT** JUST ALL IN **YOUR** **HEAD**



If you are overwhelmed with thoughts you cannot control, you are not alone. There's strength in getting help to silence the storm.

Anxiety disorders are common, real and require treatment like any serious health condition. Asking for help is the first step to take back your health—and life.

STOP THE STIGMA.
START THE
CONVERSATION.

Call [NAME OF ASSOCIATION]
at (123) 456-7890 or visit
[amenityhealth.com](https://www.amenityhealth.com).



FOR 24/7 CONFIDENTIAL SUPPORT,
CALL TEXT OR CHAT 988.



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