

**The State Bar of California  
Lawyer Assistance Program (LAP)  
877-LAP 4 HELP (877-527-4435)**

*ANXIETY ASSESSMENT*

According to the National Institute of Mental Health, “anxiety disorders, as a group, are the most common mental illnesses in America.” Anxiety is also one of the most successfully treatable mental health problems.

*If you are experiencing any of the following, please consult the  
Lawyer Assistance Program for confidential help.*

- Have you had at least a six-month period in which you experienced constant, exaggerated, worrisome thoughts and tension about everyday routine life events and activities?
- Have you been trapped in a distressful and time-consuming pattern of unwanted thoughts or compulsive behaviors?
- Have you experienced or witnessed a traumatic event such as a criminal assault, child abuse, natural or human-caused disasters; after which you have had persistent nightmares, flashbacks, feelings of depression or irritability?
- Have you become distractible or easily startled?
- Have you experienced repeated episodes of intense fear that strike often and without warning? Physical symptoms can include chest pain, heart palpitations, shortness of breath, dizziness or abdominal distress.

**CALL THE LAP FOR MORE INFORMATION**

**ALL CALLS ARE CONFIDENTIAL  
(877) LAP-4-HELP**

**➤ DON'T WAIT <**

***Disclaimer*** – *This self-assessment is not intended to take the place of a professional evaluation. If you have any questions or concerns, you should talk to a mental health professional.*