



The State Bar of California

OFFICE OF PROFESSIONAL COMPETENCE LAWYER ASSISTANCE PROGRAM (LAP)

180 Howard Street, San Francisco, CA 94105

CONTACT THE LAWYER ASSISTANCE PROGRAM (LAP) FOR MORE INFORMATION OR ASSISTANCE.
ALL COMMUNICATION IS CONFIDENTIAL: 877-LAP-4-HELP; LAP@calbar.ca.gov

The Anxiety Test

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.

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.