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### **Treating Health Anxiety A Cognitive**

According to the Anxiety and Depression Association of America, anxiety is highly treatable with a combination of therapy, behavioral modification strategies, and anti-anxiety medications. Cognitive

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Behavioral Therapy is one of the most effective therapeutic modalities for both the treatment of anxiety and chemical dependence.

## **Treating Addiction with Anxiety Disorders**

Many of the health and social needs of trafficking victims stem directly from

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their experience with trauma and the brutal reality of unremitting threats or actual physical and sexual violence. Meeting these needs, in particular providing mental health treatment and trauma-informed services, is not without challenges.

### **Treating the Hidden Wounds:**

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## Trauma Treatment and Mental ...

Anxiety can occur at any time during pregnancy, or it may first appear after delivery (perinatal anxiety is the term used for anxiety during pregnancy and after delivery). The rates of generalized anxiety disorder appear to be highest in the first trimester, likely due to hormonal changes. The most common



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symptoms of anxiety include constant ...

## **How can you manage anxiety during pregnancy? - Harvard Health**

If you or a loved one are struggling with anxiety, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357 for

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information on support and treatment facilities in your area. For more mental health resources, see our National Helpline Database.

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