

Recent statistics for Anxiety around the globe caused by a big event or a buildup of smaller stressful life situations may trigger excessive anxiety

- 1 in 4 young adults between the ages of 18 and 24 have a diagnosable mental illness.
  - 73% of students living with a mental health condition have experienced a health crisis on campus.
  - Approximately 1 in 5 college students are affected by anxiety or depression.
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- More than 75% of people with social anxiety disorder report experiencing symptoms of the condition before the age of 15.
  - 36% of patients with social anxiety disorder report symptoms for a decade or more before seeking treatment.
  - Cognitive-behavioral therapy can reduce the symptoms of social anxiety disorder by 50% to 80%.
  - Over a third of people report symptoms of SAD for 10 years or more before seeking help.

## SOCIAL ANXIETY DISORDER - SAD

- Roughly 301 million people, an estimated 4% of the global population, have an anxiety disorder
- In adolescents between 13 and 18 years old, 31.9% are affected by anxiety disorders
- Despite the fact that anxiety is highly treatable, only about 36.9% of people with anxiety seek treatment.

- Women are more than twice as likely than men to experience an anxiety disorder