



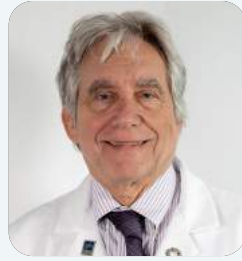
Anxiety & Depression
Association of America

Triumphing Through Science, Treatment, and Education

2023 IMPACT REPORT



TRIUMPHING
THROUGH SCIENCE,
TREATMENT, AND
EDUCATION



PRESIDENT AND EXECUTIVE DIRECTOR'S MESSAGE

Through collaboration, thought sharing, research, and innovative education opportunities, ADAA is changing lives in the fields of anxiety and depression. This past year ADAA continued the implementation of our 2020–2025 strategic plan.

We continue to foster **partnerships with like-minded professional and public organizations** to disseminate existing and new evidence-based mental health practices for both the public and the mental health professional community. We hosted a very successful in-person educational conference in Washington, DC and offered many continuing education webinars offering clinical and research perspectives on a myriad of topics related to depression, anxiety, OCD, PTSD, and co-occurring disorders. We also offered dozens of free webinars and blogs for the public on a broad range of topics.

We are grateful to our generous sponsors [McLean Hospital](#), [Otsuka](#), and [Teva Pharmaceuticals](#) who collaborated with ADAA to launch a series of educational health literate videos for the public on subjects ranging from anxiety, depression and major depressive disorder, OCD, PTSD, tardive dyskinesia, and suicide.

This year, ADAA also collaborated with the [Depression and Bipolar Support Alliance \(DBSA\)](#) on a two-hour [virtual summit](#) where participants heard from a variety of stakeholders on ways to more effectively support individuals living with PTSD and their support partners. Together, the panelists

explored unmet needs in underserved communities, discussed how to improve patient pathways to diagnosis and treatment, and addressed PTSD misconceptions, and how to advocate for trauma-informed, culturally competent care.

And in early 2023, ADAA launched its fully owned open access scientific *Journal of Mood and Anxiety Disorders* published by Elsevier.

The above was achieved with the help of the ADAA board of directors, involved members, and a wonderful staff who value ADAA's interlinked consumer and professional mission. We are grateful for our generous sponsors, partners, and foundations who support ADAA's mission. And a special thank you to our individual donors who donate generously to support ADAA's work. We couldn't do all we do without the support of ADAA's corporate partners, many of them small independently owned businesses that share proceeds of sales with ADAA.

Together we raise awareness, provide educational resources to millions each year, and successfully work towards ending the stigma associated with mental illness.

We are grateful that we work with and for such a mission-driven organization.

– **Susan K. Gurley, JD – Executive Director**
– **Charles B. Nemeroff, MD, PhD – Board President**



WHO WE ARE AND WHAT MAKES US UNIQUE

Advancing Science and Research

We advance global research leading us closer to a cure. Our open access scientific journal curates and disseminates innovative and groundbreaking research findings. With a diverse membership pool of professionals and a global reach, ADAA's impact is significant and far-reaching.

We know that collaboration leads to innovation and innovation leads to new therapies, medications and a cure. By investing in mental health, we are investing in the well-being of all humankind.

We waste no time. By supporting, sharing, and distributing this research in real-time, we allow professionals to implement cutting-edge findings and best practices immediately.

We invest in the future. Increased investments in science, interventions and preventions inspires the next generation of researchers and clinicians to continue this critical work.

Developing and Expanding Evidence-Based Educational Tools and Resources

ADAA supports 5.5 million through our website annually. As a critical front-line educational resource, ADAA provides trustworthy and evidence-based information empowering individuals to connect to the help they need.

Through our community of expert professional members, ADAA develops and shares relevant, and accessible educational resources and intervention tools with the public. Our information can make a critical and life-saving difference.

Investing in Minority and Underserved Community Specific Resources

Minority and underserved communities experience increased levels of mental health struggles due to limited access to care and resources, lack of representation within the mental health community, and for many, the impacts of racial trauma. ADAA is committed to partnering with and meeting the needs of minority and underserved communities by investing in our professional members supporting these communities and by developing specific and [evidence-based educational resources](#).

40%

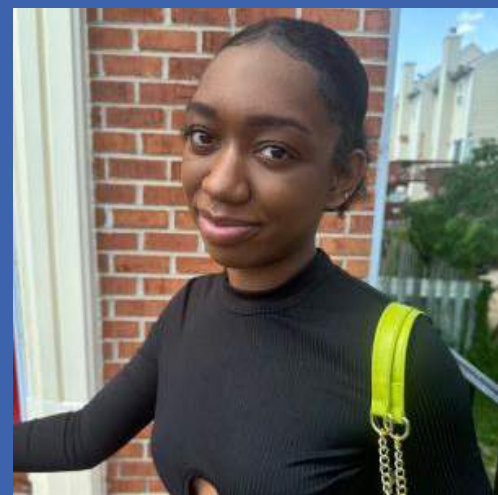
of LGBTQ+ adults have experienced a mental illness.

16%

of BIPOC adults have experienced a mental illness.



Improving the Quality of Life for those Struggling with Anxiety and Depression



WHO WE SUPPORT



“ With evidence-based information from organizations like ADAA and ongoing and novel research, advocacy and treatment, as well as candid and honest dialogue with mental health teams, friends and family, I believe we can all get better. There is life after severe mental illness. ”

– Paige Kimball
ADAA Public Community Member

ADAA's website and outreach channels provide treatment, education, and support resources for those struggling with anxiety, depression, OCD, PTSD, and co-occurring disorders.

- Learn about evidence-based **treatment options**, including how to choose and find a therapist.
- Find support by **sharing with others**.
- Search for **information** for any demographic and age group.
- Stay informed: subscribe to ADAA's free monthly **Triumph newsletter**.
- Find self-help **books and publications**.
- Read **blog posts and news articles** featuring ADAA's members.
- Watch and listen to free **webinars, videos and podcasts**.

ADAA's Public Education Committee

The committee focuses on improving and expanding public education and outreach through website content, webinars, blog posts, social media outreach, infographics, self-help books and other collaborative educational projects.

18%

of people in the US experience an anxiety disorder in any given year.

8%

of American children and teenagers are experiencing an anxiety disorder.

322M

people worldwide live with depression.

7M

Black and African Americans in the US are living with depression.

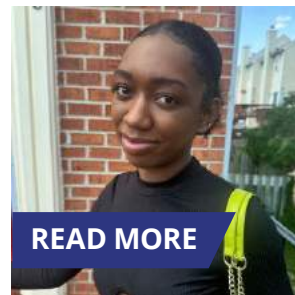


FROM OUR PUBLIC COMMUNITY

ADAA receives [personal stories](#) every year from our public community. These stories share how people living with anxiety, depression, obsessive-compulsive, and trauma-related disorders have struggled, coped, and triumphed. Their stories inspire others who are struggling to know that hope and recovery are possible.

“That’s when I started looking for help. I found a therapist, I started praying again, and even opened up to my sister and uncle regarding how I was feeling. Therapy has helped me a lot. It helped me identify what was going on with me and to learn what my triggers were. I was able to learn how to deal with my stress and anxiety without letting it consume my everyday life.”

– Daneisha Carter



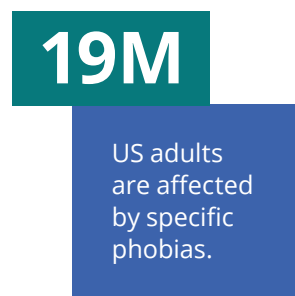
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[READ MORE](#)

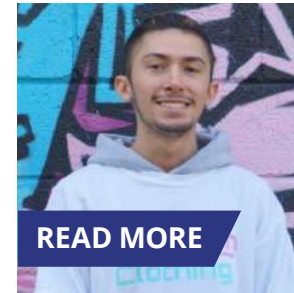
“I reached out to ADAA to publish my story because mental health issues have become a problem in my South Asian Muslim community. We are taught to sweep these things under the rug and not get help. Looking through the ADAA website, such as reading stories, helps me in my journey and most definitely makes me know that I’m not alone!”

– Syeda Khan



19M

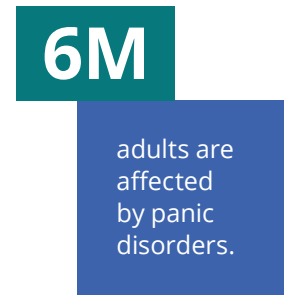
US adults are affected by specific phobias.



[READ MORE](#)

“I reached out to ADAA because I want more exposure of my story of mental illness to help others. If you’re struggling with mental health, know that you’re not alone. There is help available, and it’s okay to ask for it. Remember that healing takes time, but it is possible. With the right tools and support, you can overcome your struggles and live a happy and fulfilling life. I hope that by sharing my story, I’ve been able to inspire and give hope to those who may be going through similar situations.”

– Daniel Michael Schooner Jr



6M

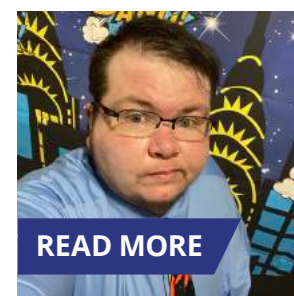
adults are affected by panic disorders.

“The right knowledge is crucial and organizations like ADAA provide scientific, timely, user-friendly research, support, and community. Something I did not have for a long time. And something I’ve found personally helpful is writing my story and learning about others’ challenges and triumphs.”

– Shigeko Ito



[READ MORE](#)



[READ MORE](#)

“I am a 42-year-old trans man, who lives in the state of Alabama... The reason I submitted my story to ADAA is because I have seen other people’s stories on the website and it did give me the courage to type my story up. Plus, I have to give y’all credit for supporting LGBTQ+ people because right now it feels like not many people do. Especially in Alabama. I have people in my life that I love, and they love me. Life is pretty good, and I am happy with who I am, what I believe in, and who I love. I realized that I had to become my hero and live my truth. It is worth fighting for and staying around even when you may not want to.”

– T.J. Bradley

WHO WE WORK WITH

ADAA partners with like-minded national and international nonprofits, companies and mental health organizations that support our mission. Together we are stronger. Together we change lives.

ADAA seeks to build partnerships with additional organizations to deliver the highest quality programs, education, and information to our members and the public. **Interested in partnering with ADAA?**

Please email Katie Russo: krusso@adaa.org.

CORPORATE SPONSORS



“ Our partnership with ADAA has been an incredible experience. Their mission-driven work to support patients, families and clinicians is exemplary and McLean has been proud to work with ADAA through developing and publishing integral and innovative mental health content. We could not be more grateful to collaborate with such an outstanding organization and are looking forward to continuing our partnership in 2024. ”

– James M Holsomback, Director of Marketing and Clinical Outreach, [McLean Hospital](#)

COMMUNITY PARTNERS



“ The many years of partnership between the American Foundation for Suicide Prevention (AFSP) and ADAA, including our annual sponsorship of the ADAA conference, has been essential for sharing research findings related to suicide prevention and informing clinical practice. This collaboration helps us to achieve our mission of saving lives and bringing hope to those affected by suicide. ”



– Jill Harkavy Friedman, PhD, Senior Vice President of Research, [AFSP](#)


STRENGTHENING OUR IMPACT IN 2023

ADAA has a vibrant and active digital presence. Our website, newsletters and social media platforms offer a wide variety of content including personal stories, awareness raising campaigns, current news and research, upcoming events, and more. Our free [anxiety and depression](#), [MDD](#), [PTSD](#) and [Spanish language peer-to-peer communities](#) offer a safe place for people to share experiences and learn from others struggling with an anxiety, depression, OCD, PTSD or a co-occurring disorder.

SOCIAL MEDIA

 **56K** followers



 **46K** members (page/group)

 **8.8K** followers

 **21.7K** followers

 **25K** subscribers


 **ADAA ONLINE SUPPORT COMMUNITIES**

 **87.5K** English & Spanish subscribers

 Enhanced **ADAA Find Your Therapist Directory**


WEBSITE & NEWSLETTERS

 **5.5M** unique annual website visitors

 **40K** Triumph public newsletter subscribers

 **14K** Insights professional newsletter subscribers

COMMUNITY EDUCATION

 **75** Videos & podcasts



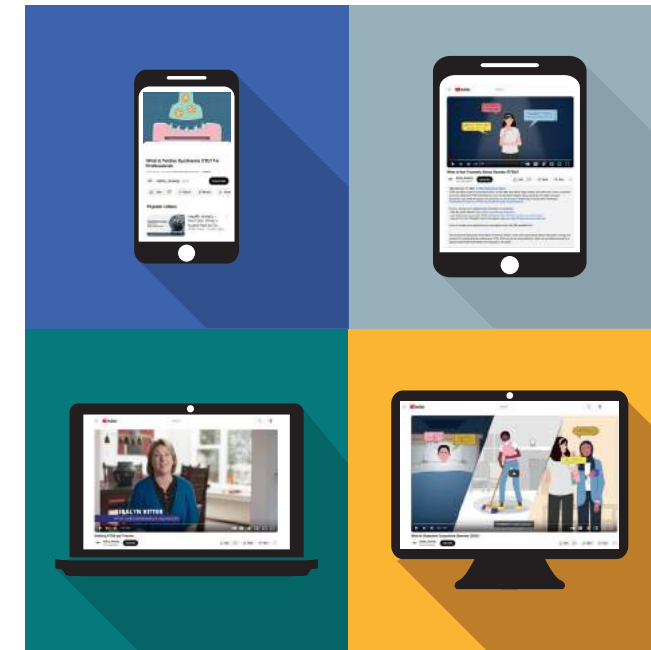
 **50** Blog posts

 **25** Webinars

2023 NEW INITIATIVES

NEW PUBLIC MENTAL HEALTH VIDEO SERIES

With support from our generous sponsors [McLean Hospital](#), [Otsuka](#), and [Teva Pharmaceuticals](#), we launched our “What Is” series of educational health literate videos for the public.



Sponsored by [McLean Hospital](#)

- [What is Anxiety?](#)
- [What is Depression?](#)
- [What is Obsessive Compulsive Disorder \(OCD\)?](#)
- [What is Suicide?](#)

Sponsored by [Otsuka](#)

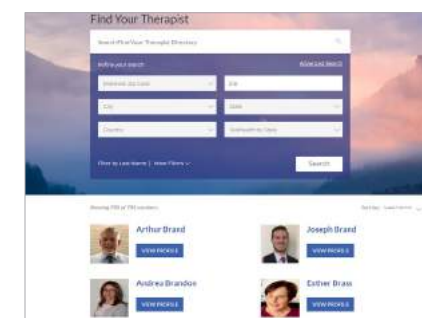
- [What is Major Depressive Disorder \(MDD\)?](#)
- [Defining PTSD and Trauma](#)
- [PTSD Treatment and Support](#)
- [The Symptoms of PTSD](#)
- [What is Post Traumatic Disorder \(PTSD\)?](#)

Sponsored by [Teva Pharmaceuticals](#)

- [What is Tardive Dyskinesia \(TD\) – Public?](#)
- [What is Tardive Dyskinesia \(TD\) – Professional?](#)

PTSD SUMMIT

This year, ADAA also collaborated with the [Depression and Bipolar Support Alliance \(DBSA\)](#) on a two-hour free [virtual summit](#) where participants heard from a variety of stakeholders on ways to more effectively support individuals living with PTSD and their support partners. Together, the panelists explored unmet needs in underserved communities, discussed how to improve patient pathways to diagnosis and treatment, and addressed PTSD misconceptions, and how to advocate for trauma-informed, culturally competent care.



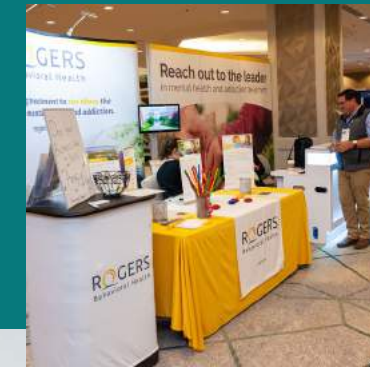
FIND YOUR THERAPIST DIRECTORY

ADAA launched an enhanced [Find Your Therapist](#) Directory. In line with our mission, the updated Find Your Therapist Directory connects ADAA members with those looking for mental health.

PROFESSIONAL MEMBERSHIP



ADAA is the only multidisciplinary mental health professional organization engaging the world's leading experts, students, and early career professionals who are in clinical practice or conduct research on anxiety, depression, and co-occurring disorders.



“ I have been with ADAA since it was the Phobia Society of America. It was probably during its first few years of existence, and it is an organization I feel proud to serve. ”

– Fugen Neziroglu, PhD, ABPP
ADAA Member Since 1984



BOARD OF DIRECTORS

ADAA's Volunteer Board of Directors oversees the strategic plan and fiscal health of the organization. **ADAA's leadership is committed to ensuring that ADAA's programming supports cultural equity.**



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National Institute of Mental Health (NIMH)



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Harvard Medical School and Massachusetts General Hospital



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University of California San Diego
ex-officio and Scientific Council Chair



Stephen M. Strakowski, MD, PhD
Indiana University School of Medicine (IUSM)
Dell Medical School, University of Texas, Austin
ex-officio and ADAA Journal Editor-in-Chief

ADAA's Board of Directors is comprised of distinguished researchers, clinicians, and psychiatrists who contribute a broad range of experience in patient care, academics, and research.

ADAA could not serve the public and mental health professional community without the dedication and commitment of these volunteers, many of whom have demanding full-time careers outside of the work they do for ADAA.

“Leading ADAA as president was one of the greatest joys of my professional career because of the organization's focus on science and practice; its ability to make all of us feel welcome; and because I was able to learn and work closely with the most gifted mental health professionals.”

Luana Marques, PhD, ADAA Immediate Past President

PAST BOARD PRESIDENTS



Luana Marques, PhD
Harvard Medical School and Massachusetts General Hospital



Beth Salcedo, MD
The Ross Center for Anxiety & Related Disorders



Karen Cassidy, PhD, ACT
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LEADERSHIP

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Executive Director

Lise Bram
Deputy Executive Director

Katie Russo
Senior Director, Strategic Business Development and Operations

[Meet the ADAA Team](#)

PROFESSIONAL COMMITTEES AND EDUCATION



Membership Committee

Helps to build and promote ADAA membership, increase retention of current members, and ensure ADAA member benefits continue to meet not only industry standards but our members' specific professional needs.

Alies Muskin Career Development Leadership Program (CDLP) Committee

Develops intensive mentoring and professional development program for early career clinicians and researchers offered at ADAA's annual conference.

Professional Education Committee

Promotes the investigation and implementation of empirically supported treatments and best practices across disciplines and career levels through the development of a cohesive ADAA professional education program for inter-disciplinary professionals.

Scientific Council (SC)

Comprised of senior-level basic and clinical researchers who contribute scientific expertise and mentorship, the SC participates in projects that maintain ADAA's leading edge in research, dissemination, and treatment.

Annual Conference Committee

Helps develop the theme for the conference, invites experts, reviews submissions, makes final selections for high quality educational content, and organizes special sessions.

“ ADAA's Scientific Council is a virtual who's who of scientists dedicated to advancing the understanding and treatment of depression and anxiety disorders. The Scientific Council serves a guiding role in ADAA's scientific direction. ”

– Naomi M. Simon, MD, MSc

MEMBERSHIP BENEFITS

COLLABORATE & NETWORK

- Join a [Special Interest Group](#) or [Committee](#)
- Post and share on the online members' only community
- Participate in monthly peer consultations

LEARN & MENTOR

- Earn free CEs/CMEs
- Participate in [live webinars and watch on-demand webinars](#)
- Enjoy free access to ADAA's [Depression and Anxiety journal](#)
- Attend the [annual conference](#) at a reduced fee
- Mentor early career professionals

PROMOTE & ENHANCE

- Share research and clinical trials
- List your practice on [Find Your Therapist](#)
- Post new publications and media placements
- List [job postings](#) and [clinical trials](#)



SUPPORT & HOST

- Support ADAA's public mission through annual dues
- Share expertise—create content for the [ADAA website](#), [newsletters](#), and social media
- Host free professional or [public focused webinars, videos and podcasts](#)
- Write [professional](#) or [public](#) focused blog posts

“ Membership in ADAA is the single best investment I have made in my career. ”

– Beth Salcedo, MD, ADAA Past President

“ I can't think of a better way to put my money to work than group membership with ADAA for my organization Light On Anxiety. To have the opportunity to make ADAA's wealth of professional resources and trainings available to my staff is priceless. ”

– Debra Kissen, PhD, MHSA
Light On Anxiety
ADAA Institutional Member

ANNUAL CONFERENCE



The ADAA annual conference brings together clinicians and researchers from across the US and around the world who want to improve treatments and find cures for anxiety, depression, and co-occurring disorders. At the 2023 DC conference, attendees chose from 150+ sessions, heard from engaging plenary speakers, learned about cutting-edge thinking in research and clinical practice, and earned **40 enduring CE/CME credits.**



[The 2024 conference will be held in Boston, MA \(April 11-14\).](#)



“ I go to the ADAA conference to hear about cutting-edge research and practice pertaining to anxiety and related disorders. It’s also a chance to spend time with like-minded colleagues with similar interests. As the saying goes, ‘iron sharpens iron.’ This is how I feel by the time I leave: sharper! ”

– L. Kevin Chapman, PhD, HSPP, Licensed Clinical Psychologist

Fall 2023 Forum

Sex & Anxiety brought together several leading experts to provide their clinical and research perspectives on the interaction between sex and anxiety. The webinar discussed sexual anxiety and interventions for the most frequently encountered sexual dysfunction in women and men. Presenters interwove research and treatment with real-world examples, interventions, techniques, and strategies.



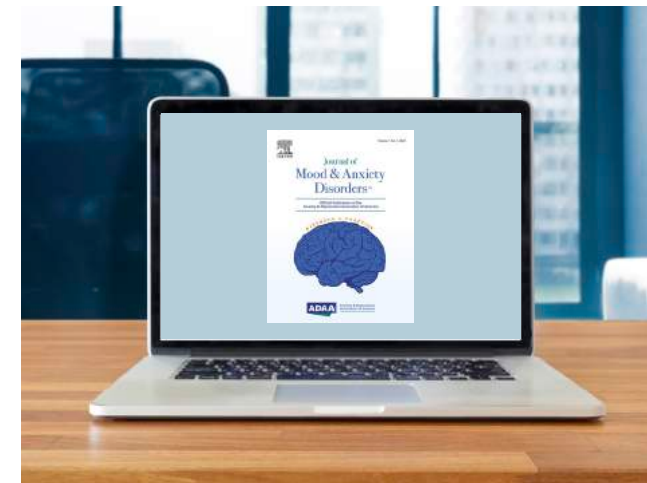
“ In the case of sexual performance anxiety, it doesn’t just overlap and relate to social anxiety, it is social anxiety. ”

– Larry Cohen, LCSE – Fall Forum Panelist

PROFESSIONAL PUBLICATIONS

Insights

Insights on Anxiety and Depression is ADAA’s bi-weekly e-newsletter that delivers current research and program news about anxiety and depression from respected journals and media outlets.



ADAA's Journal of Mood and Anxiety Disorders™

ADAA launched a new scientific journal with Elsevier this year. The *Journal of Mood and Anxiety Disorders* welcomes original clinical, translational, and basic research as well as synthetic review articles covering neurobiology (genetics and neuroimaging), epidemiology, experimental psychopathology, pathophysiology and treatment (psychotherapeutic, neuromodulation, and pharmacologic) aspects of mood and anxiety disorders.

Meet the Journal of Mood and Anxiety Disorders™ Editorial Board



Stephen M. Strakowski, MD, PhD
Editor in Chief



Olusola Alade Ajilore, MD, PhD
Associate Editor



Erika Wolf, PhD
Associate Editor

“ I am honored to be named the founding Editor-in-Chief of the new ADAA *Journal of Mood and Anxiety Disorders*. With the support of our wonderful organization, and the expertise, passion and compassion of our members, I believe we are ideally positioned to create and build a journal that will have impact not only in publications but in the lives of the people we serve. I am very much looking forward to working together as a team to achieve this vision. ”

– Stephen M. Strakowski, MD, PhD Editor-in-Chief

AWARDS PROGRAMS

Promoting careers and professional development is a central focus of ADAA. The ADAA awards program has supplied more than one million dollars to 700+ aspiring professionals and given them access to a professional home, unique pairings with senior mentors from our membership, and complimentary registration to ADAA's annual conferences.

Member Recognition Awards

ADAA recognizes member participation and commitment to the association and to the community through a number of special recognition awards.



Alies Muskin Career Development Leadership Award Program (CDLP)

CDLP offers an environment where ADAA's next generation of leaders can flourish. CDLP is an intensive mentoring and professional development opportunity for early career clinicians and researchers.



- Rachel Siciliano, PhD - 2023 CDLP Research Awardee



“ I cannot recommend ADAA's CDLP program enough. I greatly benefitted from accessible conference attendance, wonderful professional development talks spanning research topics to personal life, and presentation opportunities. CDLP facilitated connections with colleagues in the field and provided incredible mentorship experiences both during the conference and relationships extending beyond. ”

“ The Donald F. Klein Award is a fantastic opportunity that places the spotlight on the work of early investigators. This recognition helps early investigators network and connect with other scientists and clinicians that can further enhance their research program. I am incredibly grateful to the ADAA for this opportunity to have my work highlighted and grateful to develop new and valuable connections with other clinical scientists. Thanks so much for all the opportunities afforded by the Donald F. Klein Award. It's a fantastic award program! ”



- Emily Belleau, PhD



Donald F. Klein Early Investigator Award

This award is given annually to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. This award is named for Donald F. Klein, MD (1928-2019).

BIPOC Scholarship

ADAA offers annual membership scholarships to students and early career professionals who identify as members of the BIPOC community. This opportunity offers one-year ADAA Memberships for up to ten graduate degree students, interns, residents, postdoctoral fellows, or early career professionals of color who focus on anxiety or depression, or related disorders.

“ Studying the effects of trauma on mental health in youth affords me an opportunity to not only amplify the voices of marginalized communities but also to carve a path toward healing and resilience. Through research and advocacy, my goal is to illuminate the narratives often unheard, which help to create spaces where the impacts of trauma are understood, addressed, and transformed into sources of empowerment and hope for those affected. ”



Manessa Riser - BIPOC Scholarship awardee
Graduate Student, Translational Neuroscience Program

INDIVIDUAL AND FOUNDATION GIFTS

ADAA is grateful to all our donors—individuals, small businesses and corporations—who supported our work in the fiscal year ending December 31, 2023. We are so thankful for all those who [donate to our organization](#) in honor or in memory of a loved one, who fundraise through a peer-to-peer campaign or special event on behalf of ADAA, who donate proceeds from their business, give through their workplace, or support us through a legacy gift. We are truly grateful.

Together we change lives and help to raise the profile of mental illness in communities throughout the country. Thank you!

Major Donors (Gifts over \$1,000)

A.nonymous	Kevin McGrath
Better Days Ahead	Mean Well USA Inc.
Martin Cabrera	Charles Nemeroff
Carahsoft Technology Corp	Kevin and Sandra O'Brien
Color the World LLC	Sejal Pattel
Edward DiPreta	Private Wealth Management
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Lakeshore Management, Inc.	David Stark
Sanjay and Desi Mathew	Stephen and Stacy Strakowski
Andrea Mazza	Rev. Sara Wadley
Richard McClure	

Recurring Donors

Recurring donors provide monthly gifts to help ADAA's mission year-round.

Carolyn Bick	Joseph Miller
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Victoria Chiongbian	Aileen Rodriguez
Geoff Day	Charlie Simon
Eazed Apparel LLC	Steve and Stacy Strakowski
Christopher Galletto	John Telfer
Adam Graser	Cody Thibeau
Fatima Hadi	Kimberly Vu
Michael Lakus	Kirk Yamatani
Mariana Lazo	

FOUNDATION GIFTS

- Autodesk Foundation
- The Cady Family Trust
- Charitable Flex Fund
- Charles and Blanche Muller Trust
- Circle of Hope Foundation
- Community Foundation of Tampa Bay, Inc.
- Crowe Foundation
- Dreams Foundation Inc.
- Diane and Howard Wohl Family Foundation Inc.
- Essex Fells Foundation for Educational Excellence
- Greater Houston Community Foundation
- The Henry Foundation
- Matthew Simmons Fund
- Meshnick Charitable Family Foundation
- Miranda Leigh Nelson Foundation
- The Mueller Trust
- Potts Family Foundation
- Progressive Insurance Foundation
- Rogers Family Foundation
- Smith Family Foundation
- Steinbrenner Family Foundation
- Vanguard Charitable

CORPORATE DONORS



SINCE 2020
AMBIENT WICK®

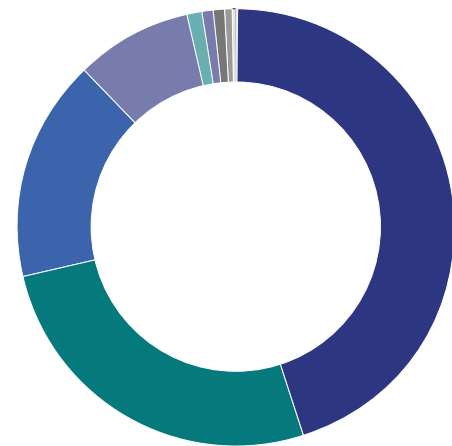


“I struggle from bad social anxiety and I know how frustrating and debilitating it can be. I want to donate to you to help others with mental health issues because I believe that your work is improving the lives of many people that go through what I go through daily.”

- Shawn Nguyen

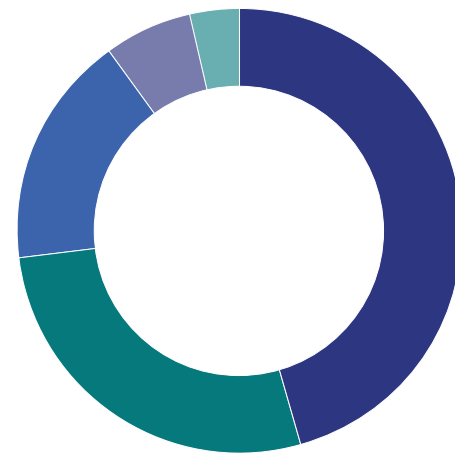
ADAA BY THE NUMBERS

ADAA is pleased to report that the “financial state of our union” is strong and poised for future growth. With deep appreciation, we acknowledge the partnership and dedication of ADAA leadership, staff, volunteers, members, individual and corporate donors for their commitment, guidance, and support.



2022 Revenue

■ Contributions	\$767,818
■ Conference Revenue	\$447,358
■ Membership Dues	\$275,659
■ Web Sponsorship	\$147,949
■ Advertising Revenue	\$18,698
■ Royalty - Journal	\$15,338
■ Webinar Revenue	\$12,440
■ Grant Revenue	\$9,000
■ Publications Sales	\$2,252
■ Other Income	\$850
TOTAL REVENUE	\$1,697,362



2022 Expenses

■ Conference and Other	\$877,957
■ Public Outreach and Professional Education	\$531,623
■ General and Administrative	\$324,770
■ Membership	\$124,085
■ Fundraising	\$67,872
TOTAL EXPENSES	\$1,926,307

“ ADAA is a special organization, supporting new and important research, clinical evidence-based practices and advocating for mental health. I truly appreciate the fine work of ADAA. ”

– Susan Wagner, PhD, 2023 Donor



Anxiety & Depression Association of America
Triumphing Through Science, Treatment, and Education

With our partners and supporters we will continue to triumph over anxiety and depression through science, treatment, and education.

We will continue to provide support to those struggling with mental health disorders while simultaneously empowering our professional community to further research and find a cure.

With your support ADAA will continue to prevent, treat, and cure anxiety disorders and depression.

Together we are changing lives.

Thank you for your support.

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