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BLOG

Anxiety or Depression? Signs to Watch for in Yourself and Others

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Anxiety Can Feel Physical

- Racing heart or shortness of breath
- Muscle tension and headaches
- Upset stomach with no clear cause

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When Mood Stays Low

- Sad or empty most days for 2 weeks
- Feeling worthless or guilty
- Pulling away from family and friends

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Before Your First Visit

- Note your symptoms and triggers
- Bring your medicine list
- Write down your questions

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Read the full article

Mental Health Services in West Ashley: Psychiatry, Therapy & Medication Management

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.