



WHAT IS THE DIFFERENCE BETWEEN Stress and Anxiety?

- Stress is a response to a specific stressor (death of a family member, divorce, family or workplace demands, etc.), anxiety has no identifiable root.
- Anxiety manifests itself in physical problems like pain, dizziness and panic attacks.
- Stress is NOT a mental disorder needing medication.
- In order to be diagnosed with anxiety, symptoms must persist for a period of six months.
- Stress goes away when the specific stressor goes away.

Campbell County Health Behavioral Health Services provides the Northeastern Wyoming community with compassionate, confidential and comprehensive treatment of behavioral disorders, mental illness and substance abuse treatment following detox.

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