

## Anxiety and Depression Association of America

### Social:

1. Mental Health Awareness Month
  - a. Shop at [smile.amazon.com](https://smile.amazon.com) and we'll donate to your favorite charitable organization
  - b. Mental Health Tips
2. Helpful Tips on Stress, Mental Health, Physical health, Research Findings, PTSD etc
3. Highlighting ADAA Members: Articles About Anxiety and Related Topics
  - a. [The Truth About Anxiety \(psychcentral.com\)](https://psychcentral.com)
  - b. [What Is Acne Excoriée? | POPSUGAR Beauty](https://POPSUGAR.com)
  - c. ["My face looked wrong": What it's like living with body dysmorphic disorder | Salon.com](https://Salon.com)
  - d. [Can a Mental Health App Help You Deal With Anxiety? | Science| Smithsonian Magazine](https://Science|Smithsonian Magazine)
  - e. [A New UT Research Center Is Looking Into How Psychedelics Can Help Those Struggling With Mental Illness | The Alcalde \(texasexes.org\)](https://The Alcalde (texasexes.org))
4. Personal Stories
  - a. [Recovery from Panic Disorder: Breaking Through Those Dark Clouds | Anxiety and Depression Association of America, ADAA](https://Anxiety and Depression Association of America, ADAA)
5. Post about Minority Groups
  - a. Minority Mental Health Month
  - b. BIPOC Mental Health Month
  - c. Asian & Pacific Islander Mental Health Matters
  - d. Juneteenth
6. Webinars
  - a. [Webinar Registration - Zoom](https://Webinar Registration - Zoom)
7. Newsletter
  - a. [Anxiety and Depression Insights \(multibriefs.com\)](https://Anxiety and Depression Insights (multibriefs.com))

**Earned media:** Often used as a resource or reference for key findings in anxiety and depression

1. [8 Mantras to Stop Your Mind From Spinning Out of Control | Psychology Today](https://Psychology Today)
2. [Anxiety Rings Promise To Calm Stress. Can They Really Help? \(yahoo.com\)](https://yahoo.com)
3. [What's the Difference Between Anxiety and Depression? \(yahoo.com\)](https://yahoo.com)
4. [Anxiety Rings Promise To Calm Stress. Can They Really Help? \(today.com\)](https://today.com)
5. [How Can Acupuncture Help Anxiety Symptoms? \(msn.com\)](https://msn.com)
6. [Do I Have Social Anxiety or Something Else? \(msn.com\)](https://msn.com)
7. [High-Functioning Anxiety Symptoms and Treatment \(health.com\)](https://health.com)
8. [Travel anxiety: Causes, symptoms, and treatment \(medicalnewstoday.com\)](https://medicalnewstoday.com)
9. [10 Incredibly Useful Anxiety Relief Products \(healthline.com\)](https://healthline.com)
10. [Sneaky Things in Your Home That Trigger Anxiety | Reader's Digest \(rd.com\)](https://rd.com)
11. [Do I Have Social Anxiety or Is It Something Else? | U.S. News | Mind | US News](https://U.S. News | Mind | US News)

12. [Fans Rally Around Jessie James Decker After She Admits She's Been "Struggling" for Years \(aol.com\)](#)

- a. Clinical Trials
  1. [Receptor Life Sciences begins patient dosing in phase 1b/2a study of RLS103 to treat acute anxiety within social anxiety disorder \(pharmabiz.com\)](#)

**Spokespeople:**

- 1) Dr. Debra Kissen: Co-chair of the Anxiety and Depression Association of America public education committee.
  - a) [Do I Have Social Anxiety or Something Else? \(msn.com\)](#)
  - b) [High-Functioning Anxiety Symptoms and Treatment \(health.com\)](#)
  - c) [Do I Have Social Anxiety or Is It Something Else? | U.S. News | Mind | US News](#)
- 2) Charles Nemeroff, MD, PhD: ADAA President
  - a) [A New UT Research Center Is Looking Into How Psychedelics Can Help Those Struggling With Mental Illness | The Alcalde \(texasexes.org\)](#)
- 3) Edna Foa, PhD: ADAA member
  - a) [The Truth About Anxiety \(psychcentral.com\)](#)
  - b) [Prolonged Exposure Therapy | Request PDF \(researchgate.net\)](#)
  - c) [The efficacy of 90-min versus 60-min sessions of prolonged exposure for PTSD: A randomized controlled trial in active-duty military personnel | Request PDF \(researchgate.net\)](#)
  - d) [Trauma Exposure and PTSD in Philadelphia Community Mental Health | Request PDF \(researchgate.net\)](#)
- 4) Kevin Chapman, Ph.D: ADAA member
  - a) [The Truth About Anxiety \(psychcentral.com\)](#)
  - b) [ADAA Member Experts Debunk Common Anxiety Myths #MythBusters | Anxiety and Depression Association of America, ADAA](#)
  - c) [Williams\\_CrossCulturalOCD\\_2017.pdf \(drkevinchapman.com\)](#)
  - d) [ChapmanDeLapp\\_BII-Phobia-preprint.pdf \(drkevinchapman.com\)](#)
- 5) Dr. Jenny Yip: ADAA member
  - a) [What Is Acne Excoriée? | POPSUGAR Beauty](#)
  - b) [How Mental Health Can Affect Your Beauty Routine \(refinery29.com\)](#)
  - c) [Amy Schumer On Trichotillomania and the Shame It's Caused Her \(shape.com\)](#)
  - d) [How to Make Better Joint Decisions As a Couple: 5 Helpful Tips \(fatherly.com\)](#)
- 6) Sabine Wilhelm, PhD: ADAA member
  - a) ["My face looked wrong": What it's like living with body dysmorphic disorder | Salon.com](#)
  - b) [Harvard Experts Discuss Anxiety And Body Dysmorphic Disorder](#)
  - c) [Efficacy of cognitive-behavioral therapy for obsessive-compulsive disorder - PubMed \(nih.gov\)](#)

- d) [Inhibitor of Apoptosis Protein-1 Regulates Tumor Necrosis Factor-Mediated Destruction of Intestinal Epithelial Cells - PubMed \(nih.gov\)](#)
- 7) Stephen Schueller: ADAA member
  - a) [Can a Mental Health App Help You Deal With Anxiety? | Science| Smithsonian Magazine](#)
  - b) [Tele-mental Health and the Coronavirus | Anxiety and Depression Association of America, ADAA](#)
- 8) Greg Fonzo, PhD: ADAA member
  - a) [A New UT Research Center Is Looking Into How Psychedelics Can Help Those Struggling With Mental Illness | The Alcalde \(texasexes.org\)](#)
  - b) [Exaggerated and Disconnected Insular-Amygdalar Blood Oxygenation Level-Dependent Response to Threat-Related Emotional Faces in Women with Intimate-Partner Violence Posttraumatic Stress Disorder - ScienceDirect](#)
  - c) [Common and disorder-specific neural responses to emotional faces in generalised anxiety, social anxiety and panic disorders | The British Journal of Psychiatry | Cambridge Core](#)

### Health equity:

1. Key headlines on anxiety and depression in minority communities (adults and youth)
  - a. [Minority Stress Factors Associated With Depression and Anxiety Among Transgender and Gender-Nonconforming Youth - PMC \(nih.gov\)](#)
  - b. [Anxiety and Depression in Ethnic Minorities with Chronic Heart Failure - PMC \(nih.gov\)](#)
  - c. ['988' launches as new mental health crisis hotline this Minority Mental Health Month \(yahoo.com\)](#)
  - d. [Model Minority at Risk-Expressed Mental Health Need by Asian American Youth \(medscape.com\)](#)
  - e. [Innovative ways of engaging with Black and Minority Ethnic \(BME\) communities to improve access to psychological therapies | NICE](#)
  - f. [Psychologist bridging the gap between churches and mental health \(cantonrep.com\)](#)
  - g. [School-based intervention aims to reduce behavioral health impact for LGBTQ+ youth \(phys.org\)](#)
  - h. [How Black Men Are Challenging Mental Health Stigma – NBC4 Washington \(nbcwashington.com\)](#)
  - i. [Mental Health in Minority Communities | Novum Psychiatry](#)
  - j. [Depression in Racial / Ethnic Minorities | HealthyPlace](#)
  - k. [60% of college kids have been diagnosed with a mental health disorder | Fortune](#)
  
2. Recommended community partners for them to engage

ADAA is committed to providing anxiety, depression and related disorder resources and current research for the Black, Latinx, Asian-American, LGBTQ+, and low income communities: [Diverse Communities | Anxiety and Depression Association of America, ADAA](#)

- a. [Black Emotional and Mental Health Collective](#): BEAM is an institution dedicated to the healing, wellness, and liberation of Black and marginalized communities
- b. [Counseling Black Women](#): Black women are deserving of mental health services that empower and honor them, challenge oppression, and foster growth.
- c. [Mental Health America \(mhanational.org\)](#): MHA work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.
- d. [African Americans | NAMI: National Alliance on Mental Illness](#): NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- e. [Behavioral Health Services | Non-Drug Depression Treatment | NeuroStar TMS](#): NeuroStar is the #1 physician recommended TMS treatment. Our patented Figure 8 coil delivers treatment faster and more precisely so that we can get the right dose to the right location of your brain every time.
- f. [The Trevor Project | For Young LGBTQ Lives](#): Their mission is to end suicide among lesbian, gay, bisexual, transgender, queer & questioning young people.
- g. [Home \(nlbha.org\)](#): The National Latino Behavioral Health Association (NLBHA) was established to fill a need for a unified national voice for Latino populations in the behavioral health arena and to bring attention to the great disparities that exist in areas of access, utilization, practice-based research and adequately trained personnel.