

10

June



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Anxiety Awareness Day

For more information
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Anxiety is a feeling of uncomfortable , such as tension or fear, that can be mild or severe.

An estimated 275 million of people suffer from anxiety disorders.

This represents about 4% of the world's population. About 62% are  females (170 million) compared to 105 million  males of those suffering from anxiety.

Enhancing your mental health and the health of those around you, and creating appropriate conditions that enable you to lead a healthy and vital life