



ADAA's mission focuses on improving quality of life for those with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

ADAA helps people find treatment, resources, and support. ADAA strives to improve patient care by promoting implementation of evidence-based treatments and best practices across disciplines through continuing education and trainings and accelerating dissemination of research into practice. ADAA promotes scientific innovation and engages a diverse network of basic and clinical anxiety and depression researchers and providers encouraging the implementation of new treatments to clinicians. These commitments drive ADAA's promise to find new treatments and one day prevent and cure these disorders.

- \$5 per paycheck provides free monthly news, research, and program email updates to more than 30,000 subscribers.
- \$10 per paycheck provides resources to help more than 38 million annual website visitors understand anxiety and depression disorders, find resources, and find treatment.
- \$20 per paycheck supports the delivery of free interactive educational webinars for thousands of people.