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BLOG

Shy, or Something More? A Social Anxiety Guide

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Ask Yourself

- Has the fear lasted 6 months or more?
- Do I skip things to avoid being judged?
- Do I worry about events for weeks?

Before Your First Visit

- When did the fear first start?
- How long has it lasted?
- How often does it happen?

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Next Steps

- Start with a video visit from home
- Ask about CBT or exposure therapy
- Thoughts of suicide? Call or text 988

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Read the full article

Shy or Social Anxiety Disorder? Signs to Know and What Helps

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