**Session 3**

•What are anxiety disorders (PDSD, GAD, social phobia, panic disorder, agoraphobia, OCD)?

 •Symptoms of anxiety disorders

 •Alcohol, drugs and anxiety disorders

 •Crisis first aid for panic attacks

 •Crisis first aid for acute stress reaction

 •Treatment and resources for anxiety disorders

 •Non- suicidal Self Harm (prevalence, first aid and treatment)