

## Meeting Minutes

Meeting: Generalized Anxiety Disorder (GAD) Awareness Meeting

Date: 4/25/2023

Time: 6:00 PM CST

Location: Virtual

Agenda:

Introductions

Presentation on Generalized Anxiety Disorder (GAD)

Personal Testimony from Individual with GAD

Expert Presentation on Diagnosis and Treatment

Discussion and Q&A

Next Steps and Action Items

Adjournment

Minutes:

Introductions:

The virtual meeting began at 6:00 PM CST with a warm welcome to all participants.

Presentation on Generalized Anxiety Disorder (GAD):

A presentation was delivered to provide an understanding of Generalized Anxiety Disorder (GAD), including its symptoms, causes, and prevalence. The presenter aimed to raise awareness, reduce stigma, and promote understanding of the challenges faced by individuals with GAD.

Personal Testimony from Individual with GAD:

An individual living with GAD shared their personal experiences, offering valuable insights into their journey with anxiety. They discussed the impact of GAD on their daily life, coping mechanisms, and the importance of support from others.

Expert Presentation on Diagnosis and Treatment:

An expert specializing in the diagnosis and treatment of GAD gave a comprehensive virtual presentation. They discussed the diagnostic criteria, assessment methods, and various evidence-based treatment options available for managing GAD. The emphasis was on promoting accessible mental health care and providing effective support.

#### Discussion and Q&A:

Participants engaged in an open discussion, sharing their thoughts, concerns, and asking questions related to GAD. The conversation covered topics such as self-care strategies, therapy options, and the importance of seeking professional help. Participants also discussed the significance of creating a supportive network for individuals with GAD.

#### Next Steps and Action Items:

- It was decided to organize an online awareness campaign to educate the community about GAD and promote mental health support.
- Participants volunteered to contribute to the creation of online resources and educational materials to be shared through various platforms.
- Exploring collaborations with local mental health organizations and professionals to offer virtual workshops and support groups for individuals with GAD.
- Planning online events and webinars to foster open discussions, share coping strategies, and promote destigmatization.

#### Adjournment:

The virtual meeting adjourned, with appreciation expressed to all attendees for their active participation and commitment to raising awareness about Generalized Anxiety Disorder.

Minutes recorded by Arnav Ghosh.