

The Anxiety & Stress Disorders Program accepts referrals from anyone in the community, not just UNC students, faculty and staff. All clients undergo a thorough phone screening to determine appropriateness for our clinic and for the best possible care.

## ***Clinic Locations***

The Anxiety and Stress Disorders Clinic has offices at two locations:

### **UNC-CH Campus (Evergreen House)**

Our UNC-CH campus location is at Evergreen House which is located on Cameron Avenue. This location primarily serves the UNC-CH campus community. Please refer to a campus directory for directions to Evergreen House. The Clinic also has a website that includes driving directions and information about parking (<http://psychologyclinic.unc.edu>).

### **Community Research Center and Clinic at Finley Golf Course Rd.**

Our off-campus location is in the new UNC-CH Community research Center and Clinic (CRCC) at 212 Finley Golf Course Rd. The CRCC is conveniently located near Interstate 40 and US 15-501 and easily accessible from anywhere in Chapel Hill and the surrounding communities. This clinic accepts referrals from anyone in the community—not just UNC students, faculty, and staff

#### *Directions to the CRCC:*

**From I-40:** Take I-40 to Exit 273 (NC-54, Raleigh Rd) and follow signs toward Chapel Hill (west). Follow NC-54 for 2.5 miles and turn left at Finley Golf Course Rd. (you will see a green sign for the golf course). Proceed 0.1 miles to the clinic, which will be on your right.

**From US 15-501:** Take the NC-54 East ramp toward Raleigh. Turn right onto Raleigh Rd. (NC-54) and follow for 0.5 miles. Turn right onto Finley Golf Course Rd. and proceed 0.1 miles to the CRCC .

**UNC Department of Psychology  
Anxiety and Stress Disorders Clinic**  
212 Finley Golf Course Road  
CB#3274  
Chapel Hill, NC 27599-3274  
Phone: 919-962-6906  
Fax: 919-843-2059  
E-mail: [jabramowitz@unc.edu](mailto:jabramowitz@unc.edu)

**UNC Department of Psychology  
Community Clinic**

## **Anxiety and Stress Disorders Program**

**Obsessive-Compulsive Disorder (OCD)**

**Post-traumatic-Stress Disorder**

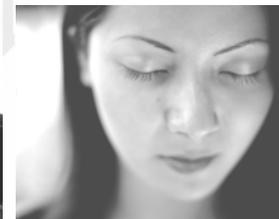
**Generalized Anxiety Disorder**

**Social Anxiety Disorder**

**Health Anxiety**

**Panic Attacks**

**Phobias**



**(919) 962-6906**

<http://psychologyclinic.unc.edu/>



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL

## UNC Anxiety and Stress Disorders Clinic

The University of North Carolina Anxiety and Stress Disorders Clinic is a specialty clinic that evaluates, treats, and studies anxiety-related problems. We are one of the few clinics in the U.S. to offer intensive outpatient treatment for severe anxiety disorders. We also serve to educate the public and update healthcare professionals on the latest advances in knowledge and treatment of anxiety disorders.



### What Are Anxiety Disorders?

All of us experience anxiety – uneasiness or apprehension about an anticipated event or situation – at some time in our lives.

- Your child is late getting home from school.
- You are interviewing for a new job.
- A major project is due at work or school.

Mild anxiety is common and often helps you identify and cope with stressful situations. However, when worries or fears interfere with your life and dictate your actions, you've moved beyond normal anxiety into potentially disabling conditions called *anxiety disorders*.

### Symptoms of Stress and Anxiety Disorders

- Racing heart, sweating, dizziness
- Panic attacks
- Uncontrollable nervousness
- Worry about your health
- Obsessive thinking
- Compulsive behavior
- Avoidance
- Exaggerated fears (phobias)
- Tension
- Irritability
- Trouble sleeping
- Difficulty concentrating

When you have an anxiety disorder, your symptoms might progressively worsen if they are not treated appropriately. Untreated anxiety disorders may lead to difficulties with school, work, and social functioning. They might also increase your risk of depression, high blood pressure, heart disease, and other medical problems.

### Working with Insurance

Our clinic offers a very reasonable sliding scale fee based on the household income. Although our clinic does not deal directly with insurance companies, we are able to provide documentation so that your insurance company can reimburse you for any out-of-pocket payments you may have incurred.

### Hours & Appointments

We offer flexible daytime and evening hours.

Please contact the clinic at (919) 962-6906 with any questions you may have.

## Our Services

### Consultation

We begin with a diagnostic assessment to help determine the nature of the problem. We then provide proper feedback, treatment recommendations, and referral if necessary.

### Treatment

We offer individual and group *cognitive-behavioral therapy* (CBT). During treatment, you will learn skills for weakening patterns of anxious thinking and behavior, tailored to your specific needs and possibly involving the help of a close friend or relative.

We also track your progress during therapy by evaluating your symptom levels at various points during treatment. This ensures that you and your therapist have accurate feedback regarding how well treatment goals are being met.

### Director, Jonathan Abramowitz, Ph.D., ABPP

Dr. Abramowitz is an Associate Professor of Psychology at UNC—Chapel Hill and a NC licensed and Board Certified Clinical Psychologist. He is a recognized expert on the treatment of anxiety and a leading researcher in the field, having published over 100 books, book chapters, and journal articles in the field.

### Clinic Staff

Our Clinic is staffed by Ph.D. level (doctoral) therapists and doctoral students in clinical psychology who work under the supervision of Dr. Abramowitz. As much as possible, we try to match patients to therapists with particular skills and expertise. This helps us focus on your personal needs.