

## HOW TO

# WIN DISABILITY FOR ANXIETY

You want to work and earn an income, but severe anxiety shuts you down. You can receive Social Security Disability benefits for anxiety, providing the financial support you need to stabilize your life. But to win disability income, you have to meet specific rules.

## WHAT ANXIETY SYMPTOMS QUALIFY ME FOR BENEFITS?

Social Security wants you to demonstrate that you have major problems in at least two of these areas:



Interacting with others



Adapting to change and managing your own behavior



Understanding and applying information



Concentrating and staying on top of tasks

## HOW DO I PROVE MY CASE FOR ANXIETY?

You have to provide more than your own statement about how anxiety is disrupting your life. Social Security denies most people who first apply for benefits. You must present evidence like:



Records from mental health care professionals who've treated you



Testimony from family, friends or others about how anxiety affects your daily activities



Details of medications you're taking



Reports of how well your treatment is working

Anxiety comes with special challenges for winning disability income because it can be hard for other people to see and understand. But the right disability advocate knows what you're going through and how to build your claim. **Mathis & Mathis Disability Advocates** have helped thousands of people in the Washington, D.C., area win benefits. Social Security Disability is all we do.



GET AN EXPERIENCED  
DISABILITY ADVOCATE

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