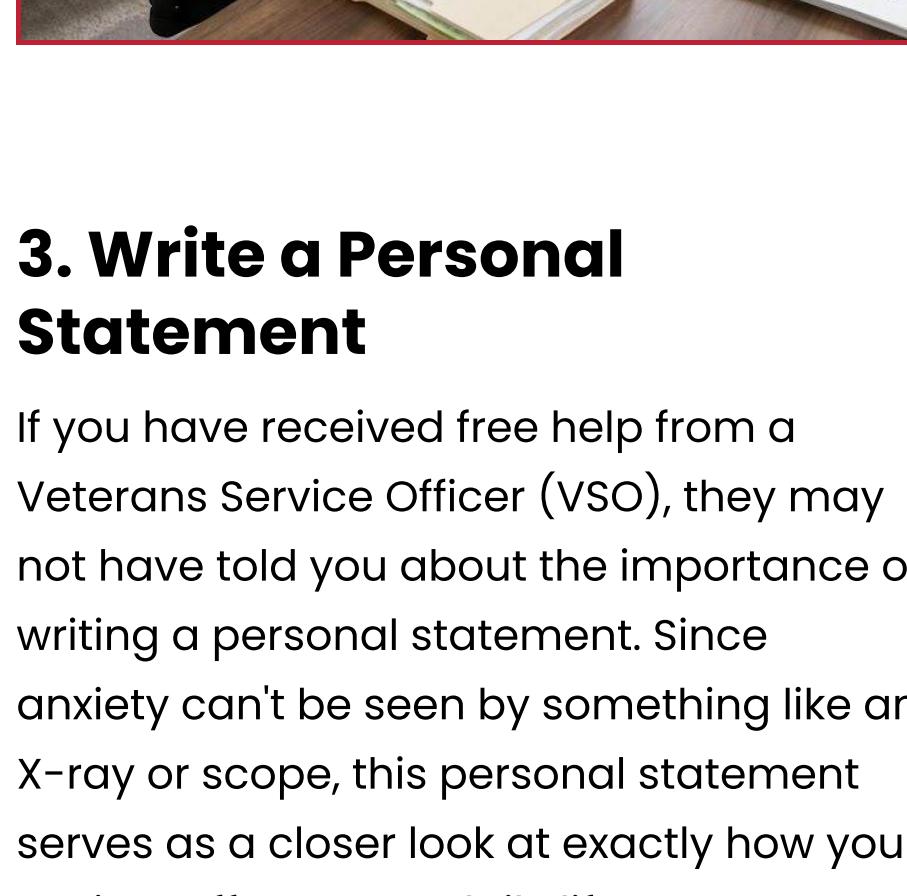
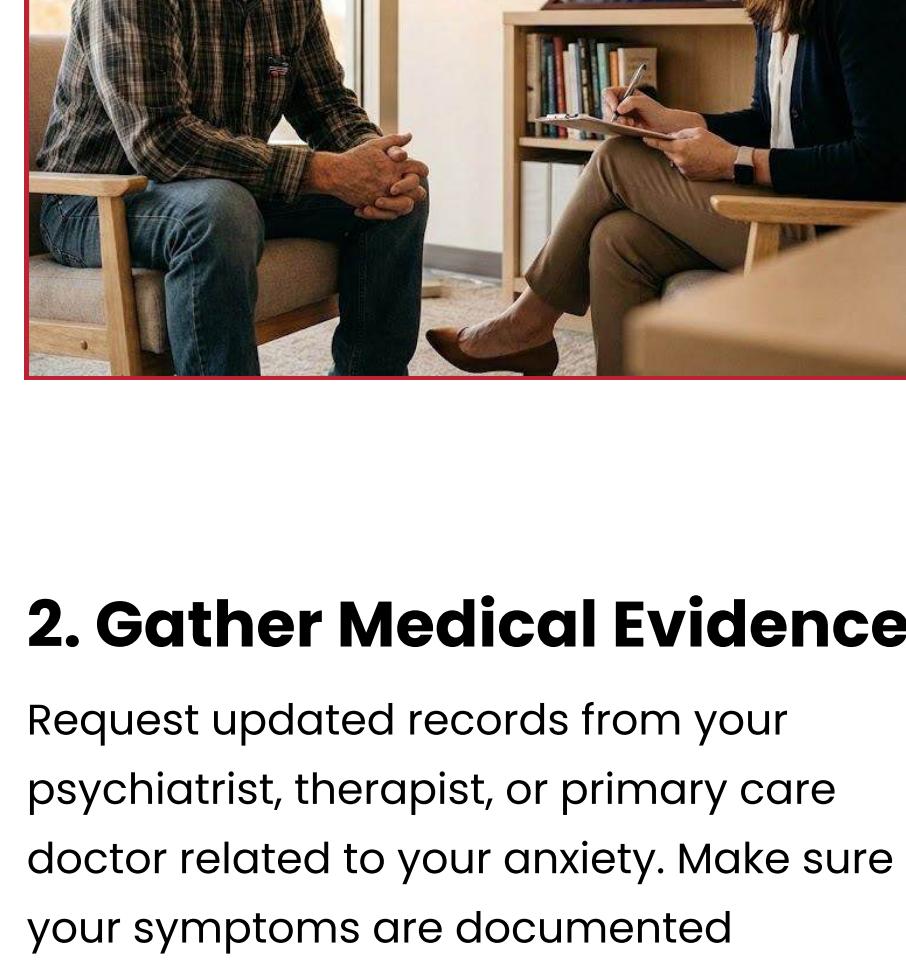


# 6

## Key Evidence to Boost VA Anxiety Rating

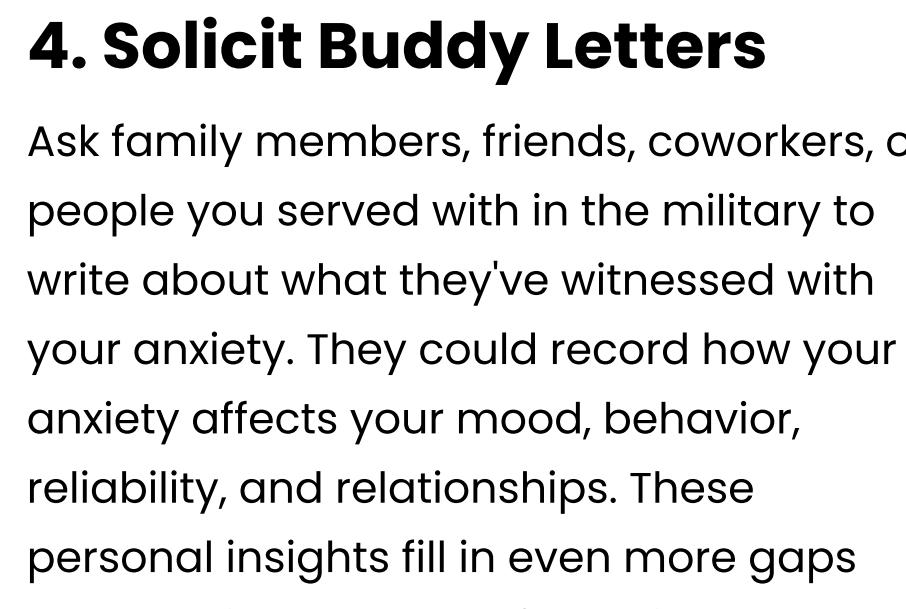
### 1. Get a Current Diagnosis

Chances are, you didn't complain about your anxiety when you were in the service. The priority was on being tough so you could support your fellow soldiers and the country, so maybe you hid or downplayed your symptoms. An official diagnosis shows the VA that the condition exists and is significant enough that you are currently being treated for it.



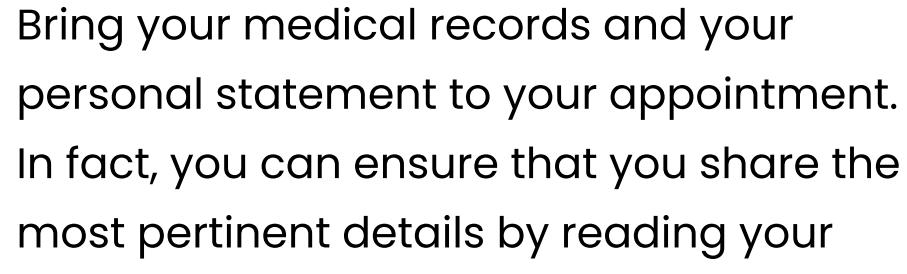
### 2. Gather Medical Evidence

Request updated records from your psychiatrist, therapist, or primary care doctor related to your anxiety. Make sure your symptoms are documented consistently, and that your providers note how your anxiety affects your ability to work, interact with others, and perform daily activities.



### 3. Write a Personal Statement

If you have received free help from a Veterans Service Officer (VSO), they may not have told you about the importance of writing a personal statement. Since anxiety can't be seen by something like an X-ray or scope, this personal statement serves as a closer look at exactly how your anxiety affects your daily life.



### 4. Solicit Buddy Letters

Ask family members, friends, coworkers, or people you served with in the military to write about what they've witnessed with your anxiety. They could record how your anxiety affects your mood, behavior, reliability, and relationships. These personal insights fill in even more gaps that medical records often miss.



### 5. Prepare Thoroughly for Your C&P Exam

Bring your medical records and your personal statement to your appointment. In fact, you can ensure that you share the most pertinent details by reading your statement to your doctor. Be very honest in your exam. Don't sugarcoat your symptoms. Your doctor needs to hear about your worst moments and see you as you really are—not with your game face on.



### 6. Get a Nexus Letter

You can still strengthen your claim with the help of a nexus letter. A nexus letter is a letter from your current doctor saying that "it is at least as likely as not" that your current condition was caused by your time in service. Try to get this letter from a board-certified mental health provider.

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