

ABSTRACT

Everyone must have an anxiety, but it is different from people with anxiety disorders who have excessive anxiety even under normal conditions. Basically, anxiety can affect a person's life because it is related to the soul. Mental health is very important for someone to live their daily lives, especially disorders of anxiety. especially productive age who are very susceptible to anxiety disorders. In facts many people have begun to be sensitive to this. But they don't know the normal limits of an anxiety disorder. This design uses qualitative data collection methods by conducting observations, interviews and literature study. Then a comparison matrix analysis and SWOT analysis are performed so as to get a standardized plan of material and visual information from the media to be designed. In this study it can be concluded that the design of information media is needed so that people pay more attention to mental health, especially anxiety disorders. The results of this design are expected to later be able to help the public to know more and also be sensitive to mental health, especially anxiety disorders that can affect daily life.

Keywords: *Anxiety Disorder, Information Media, Productive Age*