

Common Symptoms:

Symptoms of anxiety may include:

- Excess worrying about a number of different things
- Being unable to stop or control worrying
- A fear of doing normal everyday tasks
- Panic attacks
- Other physical symptoms such as heart palpitations, sweating and shaking

Take the test

This handy test by the NHS can help you understand how you're feeling. Visit <https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

Available help:

If you feel you are in danger of hurting yourself or are contemplating suicide please dial 999 and ask for help. Or call the Samaritans free on 116123

If you feel you are suffering from anxiety then, as with most mental health illnesses, your GP is usually your first port of call when looking for professional help. It is nevertheless important to also discuss your issues with loved ones. Treatment for anxiety may include:

- Cognitive Behavioural Therapy (CBT). A type of therapy that centres around changing behaviours to alter thoughts and feelings.
- Medication including antidepressants or short term courses of tranquilisers.
- Individual or group talking therapy.

Self help is also important and can include meditation, online support forums and general relaxation techniques.

Dare to Talk: Our advice

- Being anxious sometimes is normal. But excess and uncontrollable worrying isn't
- Gradually exposing yourself to your fears can be a good way of tackling the underlying cause of your anxiety.
- Use our free anxiety and depression diary to help manage your condition.

