

# Are you Anxious?

Feeling anxious or stressed can be normal or even helpful in potentially dangerous situations. However, if your feelings of anxiety start interfering with your life or relationships, it may be time to take action.

Anxiety is characterised by changes in behaviour, feeling thinking and physical symptoms which can be debilitating. If you were anxious you might notice:

- **Physical:** Panic attacks, hot and cold flushes, racing heart, tightening of the chest, quick breathing, restlessness, or feeling tense, wound up and edgy
- **Psychological:** Excessive fear, worry, catastrophizing, or obsessive thinking
- **Behavioural:** Avoidance of situations that make you feel anxious which can impact on work or social life.

## Different types of anxiety

There can be a range of different types of anxiety conditions people experience. Common types include:

- Generalised Anxiety Disorder
- Social Anxiety
- Specific Phobias
- Panic Disorder
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder

*Remember anxiety is common (affecting up to 2 million Australians per year), but treatable. Seek support now!*

## What helps?

Anxiety is a treatable condition and evidence has indicated that effective treatments include:



Psychological treatment including counselling and support for behaviour and thinking changes.



Medical treatment including medication.



Lifestyle changes including increasing physical activity, training in meditation and relaxation strategies.

## Where can I get help?

There are a number of avenues to access treatment to address anxiety. These include:

- Your employer EAP / Counselling Service
- Your peer support network
- Your GP

## How can I support someone?

If you have noticed changes in a friend, colleague or family member that might be anxiety it is important to:

- Raise your concerns with them
- Listen without judgement
- Suggest and support them to get further assistance
- Continue to issue invitations to events, even if they continue to decline
- Stay connected with them
- If you are concerned they will hurt themselves, get immediate assistance by calling 000 or Lifeline 13 11 14
- Get some support for yourself, this is a tough job



# MHM Support Network Toolbox

## IN AN EMERGENCY CALL 000



### MensLine Australia

Telephone & online support, information & referral service to help men with relationship & other problems.

**P: 1300 789 978**

**W: [www.mensline.org.au](http://www.mensline.org.au)**



### Mindspot

An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

**P: 1800 650 890**

**W: <https://mindspot.org.au>**



### Cyber Clinic

Tele Health App where you can see a qualified mental health practitioner anywhere anytime in the comfort of your own home over the Apps video platform. Costs apply but upon approval of your company partnering with MHM can provide you with a link where it can be free of charge. Also if you live in a rural or remote area you can use it on your Medicare Mental Health Care Plan.

**W: [www.cyberclinic.com.au](http://www.cyberclinic.com.au)**

**Download the APP on itunes or Android**



### Kids Help Line

Provides free and confidential phone and online counselling services specifically for young people aged 5-24 years old.

**P: 1800 551 800**

**W: [www.kidshelpline.com.au](http://www.kidshelpline.com.au)**



### Employee Assistance Programs

A counselling service provided by employers to their staff to support their staff's emotional & psychological wellbeing both in the workplace & in their personal lives. An EAP can help workplaces adopt a more proactive, preventative approach to workplace mental health & assist in creating a culture of care. Please contact your employer for details.



### GP

Talk to your GP about any mental health concerns & ask for a Mental Health Care Plan & referral. Medicare rebates are available for a range of mental health treatments (via a Mental Health Care Plan), including up to 10 individual sessions with a mental health professional.



### LIFELINE

Crisis Support & Suicide Prevention: Counselling services for anyone, anytime.

**P: 13 11 14**

**W: [www.lifeline.org.au](http://www.lifeline.org.au)**



### Beyond Blue

Provides information and support for people living with depression & other mental illnesses.

**P: 1300 224 636**

**W: [www.beyondblue.org.au](http://www.beyondblue.org.au)**



### The Black Dog Institute

Dedicated to understanding, preventing and treating mental illness.

**P: (02) 9382 2991**

**W: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)**



### Relationships Australia

A provider of relationship support services for individuals, families and communities.

**P: 1800 364 277**



### SANE Helpline

Information, advice & referral for mental illness.

**P: 1800 187 263**

**W: [www.sane.org/helpline](http://www.sane.org/helpline)**



### Suicide Call back Service

Provides free, phone, video & online counselling for anyone affected by suicide.

**P: 1300 659 467**

**W: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)**



### ARAFMI

Provide support for family, friends & carers of people with mental illness.

**P: 1800 351 881**

**W: [www.arafmiqlld.org](http://www.arafmiqlld.org)**



### headspace

Provides support to individuals aged 12-25. You can also visit a Headspace Centre (find a location near you via their website).

**P: 1800 650 890**

**W: [www.headspace.org.au](http://www.headspace.org.au)**



### eHeadspace

eHeadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

**W: <https://headspace.org.au>**