

Anxiety

What is it?

Anxiety is when you feel anxious or stressed without a clear reason. It is the most common mental health issue in Australia. One in four people will have anxiety at some stage in their life. Sometimes it can stop you from doing your normal daily tasks. It is common for people with anxiety to also have [depression](#).

Types of anxiety include:

Phobias - When you feel very scared about an object or situation

Panic disorder - When you often get a sudden sense of overwhelming panic and fear

Generalised anxiety disorder - When you feel anxious on most days

Social anxiety disorder - When you have an intense fear of being criticised, embarrassed or humiliated

What will my GP do now?

Your GP will ask you about your medical history. Your GP will also ask you about what triggers your anxiety. Your answers will help your GP to create a mental health treatment plan. This plan will help you to set goals and guide you through your treatment.

Your GP will support you to get help in an open and non-judgmental way. There are a number of treatment options for anxiety, these can include:

- Learning breath and mindfulness techniques to help you relax
- Lifestyle changes such as diet, exercise, sleep, drinking or addressing drug use
- Seeing a mental health specialist called a psychiatrist or psychologist
- Taking medication to decrease symptoms of anxiety

What will my GP do in the future?

Your GP may want to see you regularly until you start feeling better.

If your GP prescribed medication, they may ask you to come back to check how it is helping. Your GP may start you on a lower dose and increase it during this time to help you adjust.

If you are not feeling better, your GP may refer you to counselling or a psychiatrist.

What can I do?

There are many things you can do to help yourself during this time, like:

- Eat healthy, exercise and get enough sleep
- Avoid using alcohol or other drugs
- Keep a diary so you can track your thoughts and what treatments are working
- Set reminders for upcoming appointments
- Continue to be honest with yourself and open with your GP, even if things get worse

Need help now?

If you feel like life is not worth living, call any of these services:

Lifeline

13 11 14

NSW Mental Health Line

1800 011 51

Beyond Blue

1300 22 4636

Suicide Call Back Service

1300 659 467

When should I call an ambulance?



If your life is in danger, call triple zero (000) immediately.

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What supports are available?

There are local mental health clinics across the South Western Sydney Local Health District. These are for people with more severe mental health issues. You can also ask your GP about the You In Mind service.

Other supports include:

Head to Health: Call **1800 595 212** Monday to Friday, 8.30am to 5pm (except public holidays)

Headstart: Visit headstart.org.au to find help for your specific needs

NewAccess: Visit beyondblue.org.au to access a confidential mental health coaching program

To find more supports, view or download the SWSPHN funded primary mental health, suicide prevention and drug and alcohol services directory [here](#).

Your GP can also refer you to a private psychiatrist or psychologist.

What questions could I ask my doctor?

☐ Are there medications to help me feel better?

☐ Who can I talk to when I have severe anxiety?

☐ What are the side effects of medications?

☐ Will counselling help me?

Where can I learn more?

- **Beyond Blue** – Anxiety: beyondblue.org.au
- **Black Dog Institute** – Understanding anxiety: blackdoginstitute.org.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory
factsheets are endorsed by South
Western Sydney PHN's Community
Advisory Committee and local GPs

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