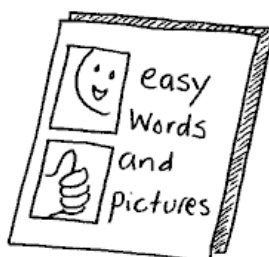


Anxiety



Easy read
information

What is anxiety?



Anxiety is a disorder that may cause you distress.

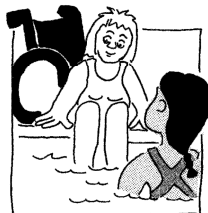


Anxiety may make you worry about things.

Sometimes there may not be a reason for the anxiety.
Sometimes there is a reason for the anxiety.



Spiders can make some people feel anxious.



Water can make some people feel anxious.



Groups of people can make some people feel anxious.

When you're anxious you may find:



You may feel worried all the time.



You may feel tired.



You may have problems sleeping.



You may feel dizzy.



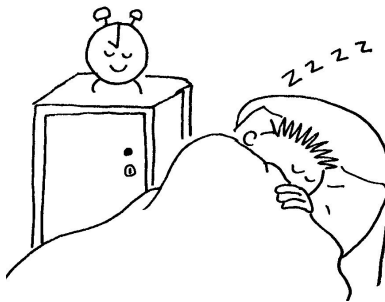
You may faint.



You may get stomach ache and feel sick.



You may find it hard to concentrate.



You may sleep a lot or you may find it hard to sleep.

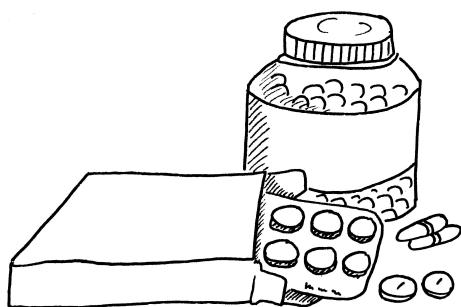


You may want to hurt yourself.

How can I feel better?



Some people find talking to someone can help.



Some people find taking medication can help.



Some people find ways to relax that help.

There are a lot of services that can help you, your family and your friends.

For more information contact:



MIND

☎ 0845 7660163

🖱 www.mind.org.uk

The Samaritans

☎ 08457 909090

🖱 www.samaritans.org

NHS Direct

☎ 0845 46 47

Anxiety care

☎ 020 8478 3400

Crisis Line

☎ 0800 028 8000

Your GP and local community services can direct you to support.

If you would like this leaflet in another language, Braille, large print or audio, contact 020 8772 5532

Produced by the accessible information working party,
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Images courtesy of Change Picture Bank
March 2010
SU055

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