

WHEN DOES ANXIETY BECOME A PROBLEM?

It's normal to feel anxious in high pressure situations such as a grand final, when you're speaking in public, or when you're going through a big life change.

Anxiety becomes a problem when you start to feel anxious most of the time, even over minor things, to the point where your worrying gets out of control and interferes with your day-to-day life.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.

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