

IT'S IMPORTANT TO GET HELP TO TREAT ANXIETY DISORDERS.

Left untreated, anxiety can last for a long time. It can become exhausting, debilitating and get in the way of us living our everyday lives. There are a range of effective treatments for anxiety, and you can get better.

Your GP is a good starting point when seeking help for anxiety.

It's important for your health provider to be a good fit, so if you don't connect with the first person you see, search for one who can get you onto a path of recovery.

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.

Source - The Black Dog Institute (13)