

TREATMENT FOR ANXIETY:

Often, it's a combination of things that help us get better, such as:

- A health professional you feel comfortable talking to (e.g. GP, Psychologist)
 - The right psychological and medical therapies
 - Support from family and friends
 - Exercising and healthy eating
- Learning ways to manage challenges and stress, such as structured problem solving, meditation and yoga.

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 (15)