

## WHERE TO GO FOR HELP

If you require further information or help please contact your Employee Assistance Provider or your preferred medical or mental health provider.

### Beyondblue

An organisation targeting awareness and responsiveness to mental illness, in particular depression.

[www.beyondblue.org.au](http://www.beyondblue.org.au)

### World Health Organization (WHO)

WHO is the directing and coordinating authority for health within the United Nations system. Their website provides information and resources about mental health and specific disorders.

[www.who.int/mental\\_health](http://www.who.int/mental_health)

# Anxiety



**Anxiety is an increasingly common illness across all parts of the world.**

**It is estimated that almost 89 million people suffer the disorder worldwide— which is approximately 1.5% of the world population.**

Anxiety is the single-most common mental illness diagnosed in Australia at present. The symptoms of an anxiety disorder may be difficult to detect in the workplace as it is often confused with symptoms of stress. Stress is a normal reaction for people when they feel they are under pressure. For some people these feelings are ongoing, can continue after the stressful event has ceased and can even occur for no apparent reason.

Have you or someone at work been experiencing:

- Excessive anxiety with many activities
- Shortness of breath
- Muscle tension
- Excessive sweating
- Irritability
- Startled reactions
- Difficulty concentrating
- Restlessness
- Lack of enjoyment
- Difficulty controlling worry

## WHAT TO DO?

It may be helpful to assist the person during times of stress by reducing expectations and recognizing their accomplishments. By providing the person with flexibility, but keeping a relative routine, you can assist them in making choices that involve less energy and provide them with time in which they can practice techniques for reducing anxiety and solving problems.

If you or someone you know is experiencing these feelings—take them seriously and seek help. Encourage them to talk to a professional and utilize the available support groups. At work you can contact your HR or EAP representative for help. Wherever necessary seek professional advice.