

Types of anxiety



Generalized
Anxiety
Disorder

Obsessive
Compulsive
Disorder

Social
Anxiety
Disorder

Panic
Disorder

Post-
Traumatic
Stress
Disorder



What is anxiety?



Anxiety is an intense, excessive and persistent worry and fear about everyday situations.

Although anxiety is your body's natural response to stress, if you experience extreme feelings of anxiety for months to a point where your daily life is affected, then you might have an anxiety disorder.





One of the standard ways of treating or dealing with anxiety is psychological counseling.

If you feel sad or down or can't seem to complete daily activities because of anxiety, **DIAL 112 TODAY.**

This service is free, confidential, and available to
FCT RESIDENTS ONLY

Causes of anxiety



The causes of anxiety disorders aren't fully understood. Life experiences such as traumatic events appear to trigger anxiety disorders in people who are already prone to anxiety.

Inherited traits also can be a factor.

Anxiety can also be linked to an underlying health issue. In some cases, anxiety signs and symptoms are the first indicators of a medical illness.

Sometimes anxiety can be a side effect of certain medications.

