

Anxiety

What is anxiety

Everyone feels anxious at times and a certain level of anxiety is normal, and even helpful, in some situations.

An example of anxiety is when a man starts chasing you, even though you are tired you get a burst of energy.

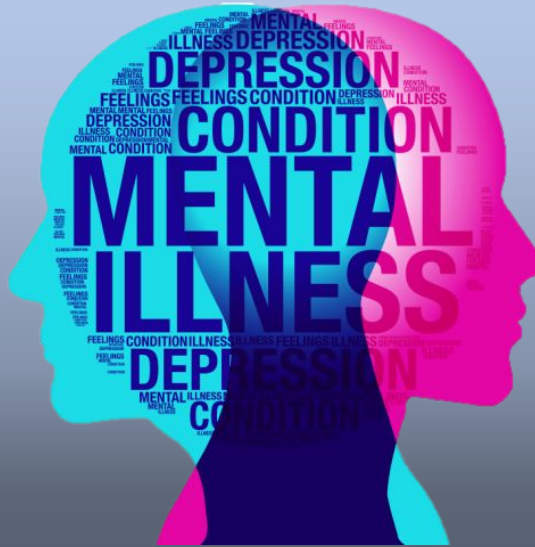
When you are playing a sport and you need to go to the toilet but then hold on the whole game without giving it a second thought.

Statistics of the condition of young Australians

Seven percent of Australia's youth feel anxiety in the past twelve months.

Signs and symptoms of Anxiety

Intense excessive and persistent worry and fear about everyday situations. Not taking public transport so you don't have to talk to people. Have trouble trying to get to sleep or even feeling weak or tired.



Mental health services

There are lots of mental health services. Some for certain types of mental health disorders and others are for the whole range,

There is beyond Blue which was part of the seventy million dollar common wealth health plan. Kids helpline which provides a 24 hour service to ages four to twenty five. Lifeline, which is a 24 hour seven days a week crisis support and suicide prevention.

What every situation your in there is always someone to talk to

**HEALTHY
MIND.
HEALTHY
BODY.
HEALTHY
LIFE.**