

Coping with anxiety

There are many resources available to help you cope with anxiety. Here are a few:

There are a number of websites that provide information and advice



<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

The NHS website provides guides on symptoms of anxiety as well as things you can do to address them. There is also a video on anxiety control training.



<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>

MIND provide advice and support to empower anyone experiencing a mental health problem.

About anxiety	Talk to someone you trust	+
Anxiety disorders	Try to manage your worries	+
Anxiety symptoms	Look after your physical health	+
Panic attacks	Try breathing exercises	+
Causes of anxiety	Keep a diary	+
Self-care for anxiety	Try peer support	+
Anxiety treatments	Complementary and alternative therapies	+
For friends & family		
Useful contacts		

< Causes of anxiety Anxiety treatments >



<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/anxiety-disorders/>

Rethink Mental Illness is a charity provider of mental health services and although it serves England, they provide help sheets and information online.

<https://www.nidirect.gov.uk/conditions/anxiety-adults>

Get information from a trusted source on: symptoms and causes of anxiety; anxiety disorders; treating anxiety disorders and things you can do to help yourself.



<https://aware-ni.org/factsheets>

AWARE is the depression charity for Northern Ireland and the only charity working exclusively for those with depression and bipolar disorder.



<https://www.inspirewellbeing.org/>

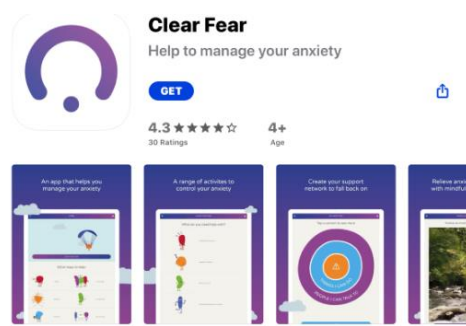
<https://www.facebook.com/InspireWBGroup/>

Inspire work together with people living with mental ill health, intellectual disability, autism and addictions to ensure they live with dignity and realise their full potential.

There are also Apps for tablets that can help with anxiety.



Woebot is a chat bot trained in cognitive behavioural therapy (CBT) that aims to help you understand emotional difficulties such as anxiety and depression.



Clear Fear is an app that helps you manage your anxiety. Keep track of your feelings, create a support network and complete online exercises to help reduce your anxiety.