

# Anxiety

Easy read information



## What is anxiety?



Anxiety is a disorder that may cause you distress.



Anxiety may make you worry about things.

Sometimes there may not be a reason for the anxiety. Sometimes there is a reason for the anxiety.



Spiders can make some people feel anxious.



Water can make some people feel anxious.



Groups of people can make some people feel anxious.

## When you're anxious you may find:



You may feel worried all the time.



You may feel tired.



You may have problems sleeping.



You may feel dizzy.



You may faint.



**You may get a stomach ache and feel sick.**



**You may find it hard to concentrate.**



**You may sleep a lot or you may find it hard to sleep.**

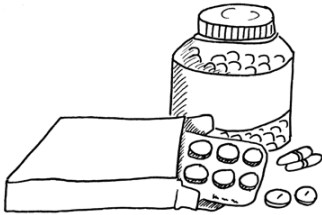


**You may want to hurt yourself.**

## How can I feel better?



Some people find talking to someone can help.



Some people find taking medication can help.



Some people find ways to relax that help.

With thanks to the South West London and St George's  
Mental Health NHS Trust for developing and sharing this leaflet.

Images courtesy of CHANGE Picture Bank.

## Patient Advice and Liaison Service (PALS)

NSFT PALS provides confidential advice, information and support, helping you to answer any questions you have about our services or about any health matters.



If you would like this leaflet in large print, audio, Braille, alternative format or a different language, please contact PALS and we will do our best to help.

Email: [PALS@nsft.nhs.uk](mailto:PALS@nsft.nhs.uk)  
or call PALS Freephone: 0800 279 7257

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