

Anxiety



Anxiety is when you feel **scared or worry** a lot **most of the time**.



Anxiety can **stop you doing things** you need or want to do.



Anxiety can make you **feel sick, have a fast heartbeat** or **problems breathing**.



A **panic attack** is when you suddenly feel very worried when there is no danger.



If you feel **anxious** or have **panic**, ask your **doctor** for help.



Visit our website qld.gov.au/deafness-mental-health



Text or call us on **0427 598 076**



Email us at deafness_mhs@health.qld.gov.au

If you need help, email or text us. You can also ask your doctor, family or carer to call us.



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