

Anxiety, Panic and Social anxiety disorder

RFQs

- How much is your anxiety impacting on your life? At work and at home?
- Do you self harm?
- Can I check: is alcohol a part of your life? How big a part?

Provide

We see an awful lot of you, and your family, Alexa. I wonder if this could be part of an anxiety problem. Most of your consultations appear to be for little worries. What do you think?

How much is your anxiety impacting on your life? At work and at home? Would you be ready to look at the options of things that might help you? Have you ever had any talking therapies? How did that go? Do you know anything about the types of talking therapies there are? You might want to talk through the options in detail with a specialist mental health nurse.

Cognitive behavioural therapy is pretty much risk free for you, but it does take some time commitment. It is a good way to help you to learn of the link between our actions and how we feel. You can learn how to make your self feel more in control of your feelings and how to make you feel less anxious. It is drug free and it works in the long term. So long as you practice what you learn.

Safety net:

We don't normally recommend antidepressant medication unless cognitive behavioural therapy isn't for you. Perhaps you could contact me again (by phone) if your anxiety is impacting on your life more, or if the cognitive behavioural therapy doesn't work. Please also contact me urgently if you are contemplating self harm.