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There are many types of anxiety, with a range of signs and symptoms. Some people have more than one type of anxiety. Some may also have another mental health condition at the same time, like depression. On this page we explain the common signs, symptoms and treatments of several types of anxiety. If you or someone close to you think they might have anxiety, we can help you find support. Post-traumatic stress disorder can happen after a person experiences a distressing event like war, assault, accident or disaster. Symptoms can include difficulty relaxing, upsetting dreams or flashbacks of the event, and avoidance of anything related to the event. [Learn more about Post-traumatic stress disorder \(PTSD\)](#) Generalised anxiety disorder is when someone feels anxious on most days. The constant worrying can make it hard to work, study or see friends and family. Obsessive compulsive disorder is when someone has ongoing unwanted or intrusive thoughts and fears that cause anxiety. They may use rituals or repetitive behaviours. For example, a fear of germs can lead to constant washing. Social anxiety disorder (also called social phobia) is when someone has an intense fear of being criticised, embarrassed or humiliated. This fear can happen even in everyday situations, such as eating in front of others or talking to people. [Learn more about social anxiety disorder](#) A specific phobia is when someone feels very scared about a particular object or situation. Common specific phobias are spiders, heights, having an injection or travelling on a plane. We explain the common signs, symptoms and treatments of several types of anxiety. To get a formal diagnosis of a mental health condition, you'll need to see a mental health professional. A GP, psychologist or psychiatrist can assess and diagnose anxiety. It's important to seek support early if you're experiencing anxiety. Your symptoms may not go away on their own. Get mental health support You may be feeling unsure about whether you should seek support. Our anonymous mental health check-in can help you understand whether your anxious feelings are the kind of worries that will go away on their own, or whether it's time to get more support to help you feel better. It's an evidence-based tool which asks you 10 questions about the feelings you've been having over the past 4 weeks. It's sometimes called the "K10" and is widely used by GPs and mental health professionals. Start the K10 test. Learn about what anxiety feels like and how it can be managed. Hear from people about their journey to recovery. Connect with our online peer support community Anonymously read, share and learn from people who are also living with anxiety. The Beyond Blue Forums is a welcoming peer support community. Posts are moderated by qualified counsellors. Visit the Beyond Blue Forum anxiety discussions If you have an anxiety condition, you're not alone. Learn what anxiety feels like and how it can be managed. Read and watch more personal stories [百度知道>提示信息 知道宝贝找不到问题了>_](#)