

First Response Training

# Anxiety Factsheet

Anxiety is a natural human response to a perceived threat, stressful event or significant change. It is what we feel when we are worried, tense or afraid.

## Specific anxiety disorders:

- Generalised Anxiety Disorder (GAD)
- Panic Disorder
- Acute Stress Disorder (ASD)
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Phobias

## Signs and Symptoms:

- Persistent worrying about normal, everyday things
- Physical and psychological symptoms such as difficulty concentrating, irritability, panic attacks
- Difficulty maintaining a normal lifestyle and doing everyday things

**If you are struggling with anxiety, contact your GP in the first instance**

Treatment and support can include talking therapies, medication, support groups and self-care

**0800 310 2300**

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