



Getting help

If you do decide to get some counselling or join a support group here's some services that you might want to get in contact with:

Phone Counselling

Kids Help Line 1800 551 800

Confidential phone counselling, 24hrs (5-18yrs)
Web chat or email a counsellor at: www.kidshelp.com.au

Lifeline 13 11 14

Confidential phone counselling, 24hrs (all ages)

Mental Health Support Services

YouthLink/YouthReach South/YouthAxis 1300 362 569

Counselling & psychotherapy (13-24yrs)

ARAFMI Youth Services 9427 7100
or FREECALL 1800 811 747 (rural)

Association of Relatives and Friends of the Mentally Ill
182-188 Lord St, Perth
Support for family & friends (8-18yrs)

Child and Adolescent Mental Health

Service Head Office 6389 5800 Specialist assessment, treatment & service to children, adolescents and their families experiencing severe emotional, psychological, behavioural, social & or mental health problems (0-18 yrs)
<http://pmh.health.wa.gov.au/general/camhs>

Headspace

Australia's Youth Mental Health Foundation
<http://www.headspace.org.au/> 1800650890

Self Help Groups

ASHA - Anxiety Self Help Association 9346 7262

Suite B, 11 Abdare Rd Nedlands

Crisis Situations

You can try these numbers or just go to your local hospital emergency department if your feeling very depressed and/ or suicidal.

Mental Health Emergency Response Line (MHERL)

Crisis Care 9223 1111 or FREECALL 1800 199 088

Health Direct FREECALL 1800 022 222

Confidential Medical Advice

Emergency Medical Support

Princess Margaret Hospital 9340 8222

Roberts Rd, Subiaco (6-16 yrs)

Royal Perth Hospital 9224 2244

Wellington St, Perth

Sir Charles Gairdner Hospital 9346 3333

Hospital Ave, Nedlands

Doctors (who bulk-bill)

Street Doctor 9376 9200

Perth Medical Centre 9481 4342

Shop 713, Hay St Mall, Perth

Derbarl Yerrigan Health Service 9421 3888

156 Wittenoom St, East Perth



Geoffrey Sambell Centre
23 Adelaide Terrace,
East Perth 6004

Web: www.anglicarewa.org.au

Email: step1@anglicarewa.org.au

Ph: (08) 9325 7033

Mob: 0418 942 475



223 James St
Northbridge WA 6003
Web: www.youthlink.perthwa.net

Ph: 9227 4300

For referrals: 1300 362 569

Produced by Step 1 Street-Work Program Anglicare WA
and YouthLink – Department of Health, WA.

Information correct as of July 2013



a YOUTHLINK production....

Panic & Anxiety

What is anxiety?

Everyone gets anxious and worried from time to time. That's normal for everyone. But anxiety can become a problem if it continues for a number of weeks, and starts to interfere with your life.

People with anxiety may have unpleasant thoughts and feelings like

- Spells or attacks of anxiety, fear or even terror.
- Constantly feeling nervous, excessive worrying or feelings of dread.

They may also experience a number of physical symptoms like

- Racing heartbeat
- Difficulty breathing, feeling as though you can't get enough air
- Dizziness, light-headedness, nausea
- Trembling, shaking, sweating – Choking, chest pains.
- Hot flashes or sudden chills
- Tingling in fingers or toes (pins and needles)

Sometimes these thoughts and feelings may be about lots of different things and sometimes it might be very specific, like

- Being in a situation where it is difficult to leave or being in an unfamiliar place,

Sometimes these thoughts and feelings may be about lots of different things and sometimes it might be very specific, like

- Avoiding places because you are worried about having a panic attack (e.g. avoiding trains or enclosed places, or going out alone),
- Worrying that other people are watching or judging you.
- Being reminded of something traumatic from your past.
- Being bothered by repetitive thoughts that you feel you have to act on (like cleaning because of fear of germs, or checking things etc)

How do I know if I need help? Everyone experiences anxiety at times and it can be a helpful emotion. However anxiety may be a problem for you if:

- Anxiety gets in the way of your work/study, relationships.
- Anxiety stops you from going places or doing things that you would normally do
- You spend a lot of time and effort trying to manage these feelings or feeling overwhelmed by them

How do I know if I need help? If you experience any of these things it may be a sign that you should get some support in managing these feelings:

Overcoming Anxiety

There are many options for combating anxiety, Some of them are:

Seeing a Psychologist or Counsellor

Most people find that seeing someone with training can help them navigate though the stress of anxiety. They can help to teach you skills to overcome your symptoms, and provide a safe place for you to talk about your fears.

Seeing a Doctor

Doctors can help to make sure that your symptoms are from anxiety and not some other physical condition. They can also prescribe medications if your anxiety is severe. These can have side effects, so talk to your doctor about what to expect.

Reading Books

You can find many books in your local library about overcoming anxiety and panic. **Try looking in the**

non-fiction section under the number 616.85223

Two good books to look for are: "Power over Panic" By Bronwyn Fox, "Coping with Anxiety" By Edmund J. Bourne and Lorna Garano and "Living with it: A Survivor's Guide to Panic Attacks" by Bev Aisbett.

Looking on Web sites

You can find some great info on the net about anxiety. Try looking at these sites: www.panicanxietydisorder.org.au/ or www.anxietynetwork.com.au/

Helping others

Alternative things

Your doctor or counsellor can give you more information about trying these things:

- Exercise & Eating healthy food
- Cutting down on caffeine (cola, coffee) and other stimulant drinks
- Getting into a routine
- Doing things you enjoy
- Massage
- Meditation
- Joining a support group
- Relaxation Techniques
- Breathing exercises

you know someone who's got anxiety it's important to do these things to support them:

- Listen to them non-judgementally
- Reassure them
- Suggest they go see a doctor, psychologist, counsellor or health professional
- Encourage them to try some of the things listed in this brochure
- Discourage them from medicating themselves with alcohol, illegal drugs or medications.

How to help a person having a panic attack

If you are unsure whether the person is having a panic attack, a heart attack or an asthma attack, and/or the person is in distress, call an ambulance

- If you know the person is having a panic attack, move the person to a quiet, safe place if possible
- Help to calm the person by encouraging slow, relaxed breathing in unison with your own
- Coach the person to breathe in for 3 seconds and then breathe out for 3 seconds. And repeat this 10 times.
- Be a good listener, without judging
- Explain to the person that they are experiencing a panic attack and not something life threatening such as a heart attack
- Explain that the attack will soon stop and they will recover fully
- Assure the person that someone will stay with them and keep them safe until the attack stops.