

GENERALISED ANXIETY DISORDER (GAD)

PANIC DISORDER

POST-TRAUMATIC STRESS DISORDER

AGORAPHOBIA

PHOBIAS

OBSESSIVE COMPULSIVE DISORDER

A long-term condition that can make you feel anxious about a wide range of situations and issues, rather than one specific event

A condition where you have recurring, regular panic attacks

An extreme or irrational fear of something, like an animal or a place

Several phobias related to situations such as leaving home, being in crowds or travelling alone

A condition that usually involves unwanted thoughts or urges, and repetitive behaviours

A condition caused by frightening or distressing events