

Anxiety is a natural signal that the body needs to be warned about dangers and enables the body and mind to be ready for a threat as soon as possible.

If, however, the feeling of anxiety is very strong, persistent or not associated with a dangerous situation, it indicates an ANXIETY DISORDER.

Treatment for anxiety should be considered if the disorder affects your relationships with others or reduces your work performance or your quality of life.

TYPES OF ANXIETY DISORDER

PANIC DISORDER

It is a disorder that occurs unexpectedly and repeatedly and causes a strong sense of anxiety and fear along with severe physical symptoms, although it is not a life-threatening condition. The severity of physical symptoms lead affected individuals to think they are having a heart attack or a stroke.

AGORAPHOBIA (Aeroacrophobia)

It is the fear of being in places where a person may not escape or remove themselves from places easily and where they cannot get help from anyone if they have an anxiety attack.

SOCIAL PHOBIA

An excessive fear of being criticized, humiliated or made to look foolish by others.

GENERALIZED ANXIETY DISORDER

It is a condition where the individual worries about everything and experiences exaggerated anxiety. They can not sleep at night and anxiety and related restrictions begin to affect their whole life over time.

POST-TRAUMATIC STRESS DISORDER

This disorder is a combination of fears and bodily reactions that a person experiences after a traumatic event in their life. The individual experiences the traumatic moments again and again in the form of visual or mental flashbacks.

DO THESE SYMPTOMS SEEM FAMILIAR TO YOU?

- Do you feel anxious and tense all the time?
- Does an anxiety attack come when you least expect it and does it cause physical discomfort?
- Do you experience heart palpitations, increased heart rate, or tightness in your chest?
- Are you afraid of having an anxiety attack in situations where it is difficult to get help, for example when you are alone away from home, in a social setting, waiting in a queue or travelling on a bus, train or metro?
- Do you avoid talking to others or eating or drinking?
- Do you find it difficult to control your fears and anxieties?
- Do others tell you that you are very anxious?
- Do you get tired quickly or have difficulty concentrating?
- Do you feel anxious, suffer from insomnia or have nightmares?
- Do your worries bother you too much or prevent you from doing your work?

If you experience these symptoms, visit your doctor without delay; do not hold it off for mere embarrassment or if you do not think the symptoms are serious enough.

Help is available for anxiety disorders.

The important thing is to overcome the thoughts that are holding you back and talk to a specialist.



Anxiety disorder is treatable.

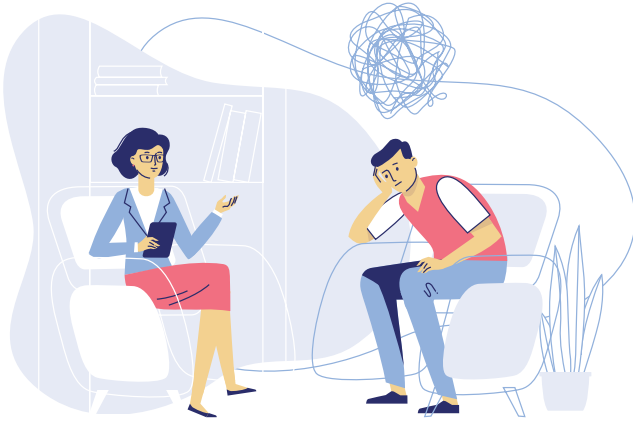
Getting further information and counselling are very important in learning how to overcome anxiety.

Prior knowledge of anxiety disorders also makes it easier to start getting treatment. Anxiety can make you ill, so do not hesitate to seek help and treatment.



You can visit the following Healthcare Facilities for support:

- Migrant Health Centers
- Family Health Centers
- Healthy Living Centers
- Hospitals
- Private Healthcare Institutions



This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Republic of Türkiye Ministry of Health and do not necessarily reflect the views of the European Union.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



www.sihhatproject.org



sihhatproject



This project is funded by the European Union.
Bu proje Avrupa Birliği tarafından finanse edilmektedir.
هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

ANXIETY DISORDERS

