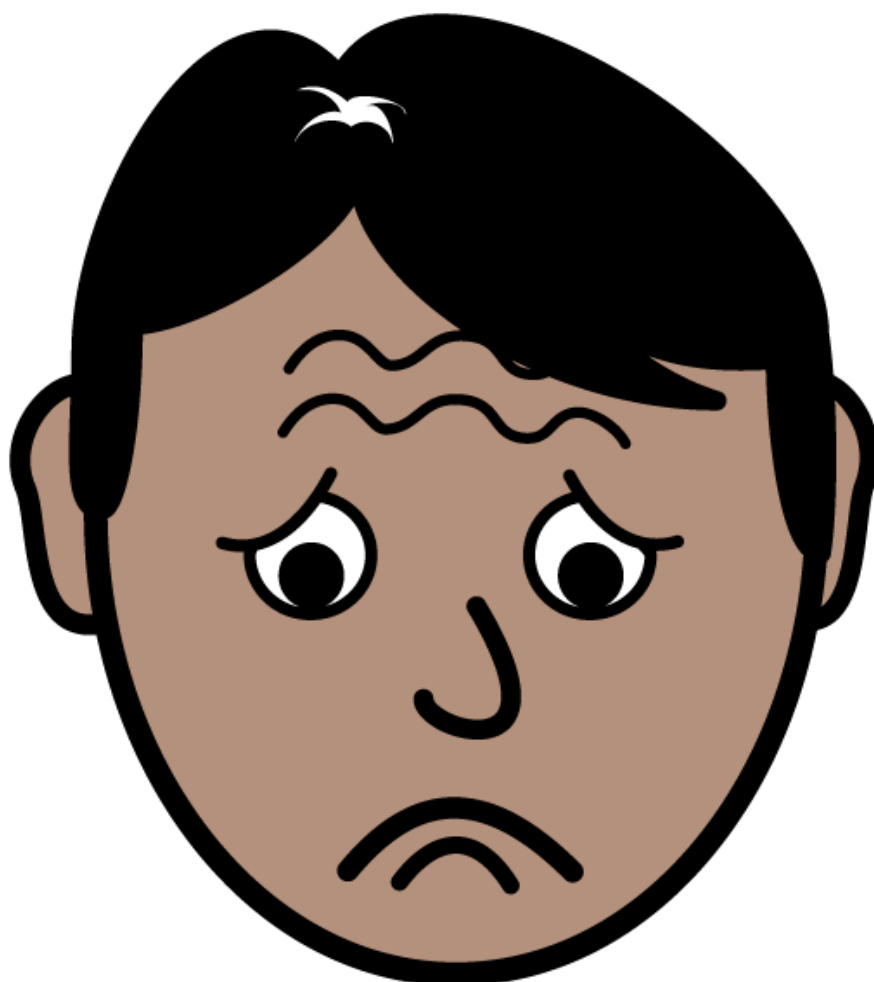


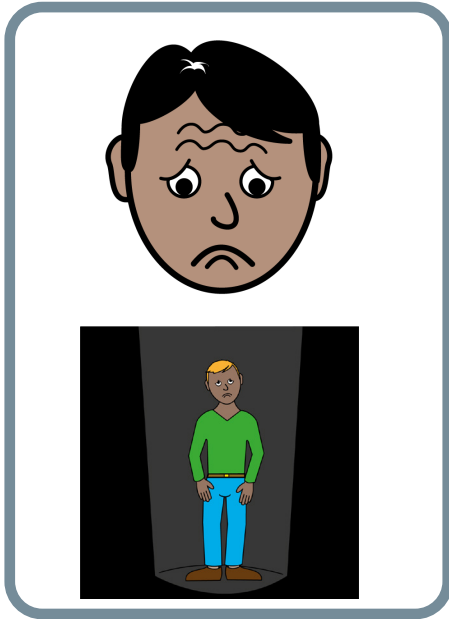
# Anxiety

## What is it and where to get help

---



## What is anxiety?



Anxiety is when you feel **worried and tense**.

It can feel like everything is **getting too much** for you.

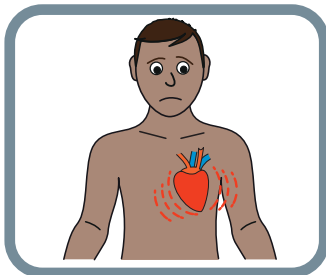
**Everyone** feels like this **sometimes**.

Most of the time the feeling of **anxiety goes away**.

Sometimes these **thoughts and feelings** can stay for a while and **affect how you live** your life.

### Some ways anxiety can affect your body;

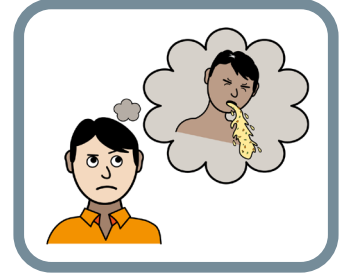
Heart beating faster



Sweating



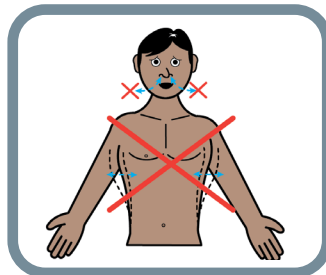
Feeling sick



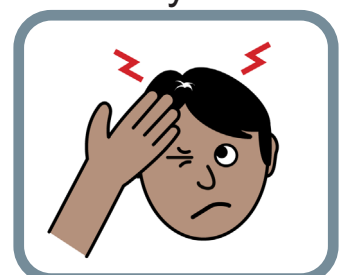
Feeling shaky



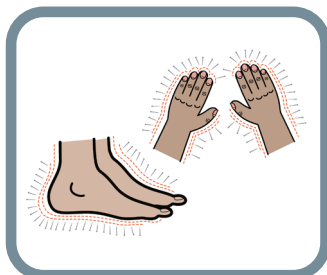
Being short of breath



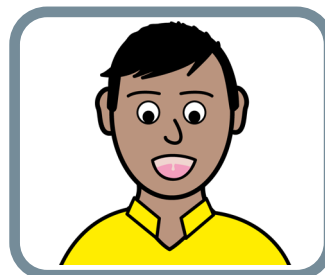
Headache or tummy ache



Pins and needles



A dry mouth



## Ways anxiety can make you feel

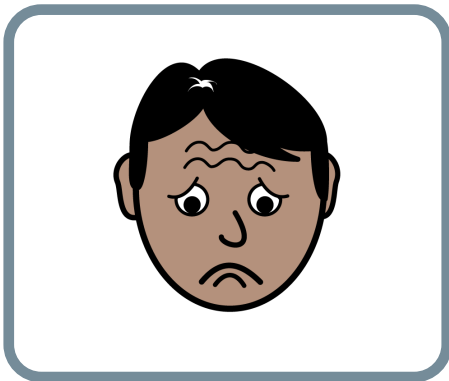
You may feel some of these things



### Thoughts and Feelings

:

- Feeling **scared** about things that might happen.
- Finding it hard to make **decisions**.
- Having a lot on your mind.

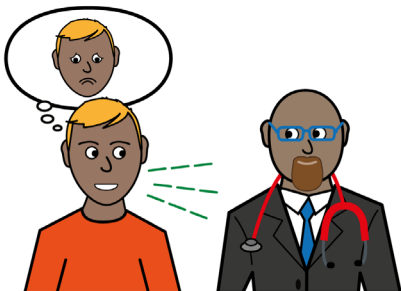


### How anxiety might affect what you do:

- Finding it **hard to settle** to a task.
- Finding it hard to **sleep**.
- Keeping away from people and places or **putting off doing things** you are worried about.
- **Checking things** a lot to put your mind at rest.
- Being short tempered or **snappy**.
- You might drink alcohol or use drugs to cope.

You can get support to stop this if you want to.

- You might eat more or less.



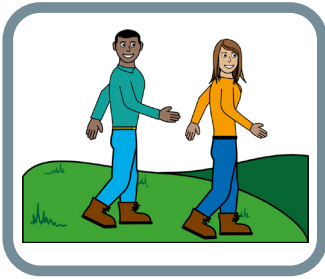
If you are feeling like this talk to your family, friends or people who are close to you about how you are feeling.

You can talk to your doctor.

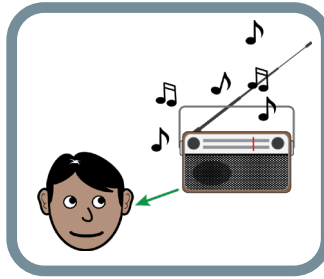
They can offer advice and help you get the support you need.

# Here are some things you could try when you are feeling anxious:

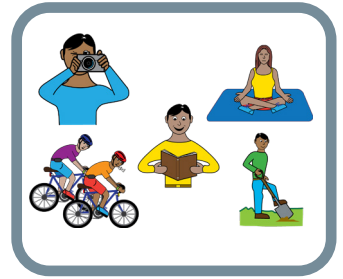
Go for a walk



Listen to some music



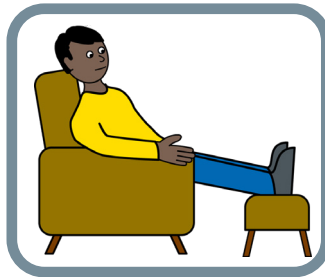
Try any activity you enjoy.



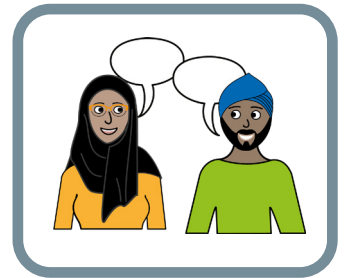
Write down your thoughts



Try mindfulness



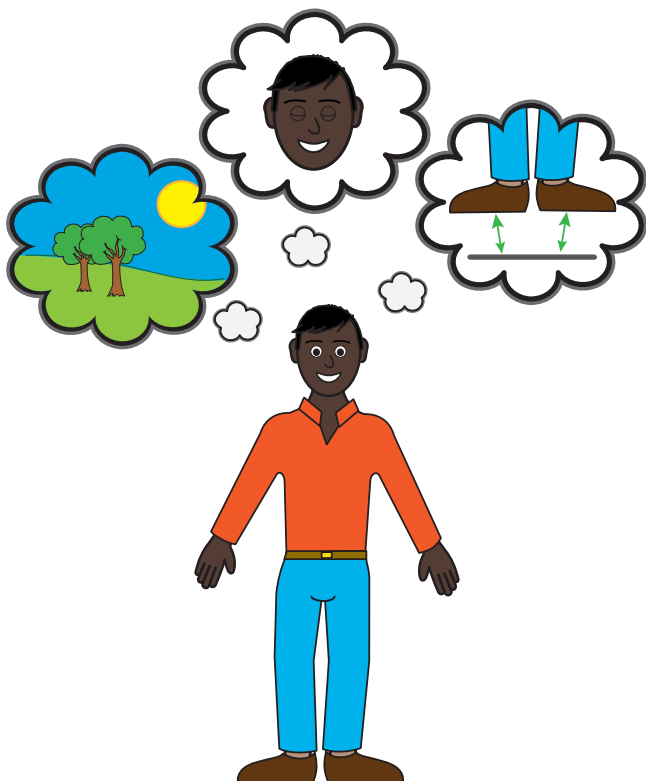
Talk to a friend family or carer



**Mindfulness is an activity to help you be in the here and now.  
Try mindfulness activity below**

## Mindfulness Activity **S**tand up. **T**une in. **O**bserve. **P**ossibility.

Stop and take a pause



**Stand up** and breathe, think about how your feet connect to the ground.

**Tune in** to your body. Scan your body and focus on how it feels. When you breathe out imagine you are pushing out the bad feelings. Let good feelings fill you up when you breathe in

**Observe.** Look around you and focus on something you like in your environment

**Possibility.** Think about what you can do and what you will do next.

# Where to get help

## National



### • Anxiety UK

For those affected by anxiety and stress. A range of information on anxiety (you may need support with this). A helpline is available.

Video: what is anxiety:

[https://www.youtube.com/watch?v=ttHu\\_N-zAn-Q&feature=emb\\_logo](https://www.youtube.com/watch?v=ttHu_N-zAn-Q&feature=emb_logo)

Helpline: **03444 775 774**

**Mon-Fri 9:30am - 5:30pm**

Website: <https://www.anxietyuk.org.uk/get-help/about-anxiety-and-anxiety-disorders/>



### • Foundation for People with Learning Disabilities

We believe that people with learning disabilities should have the same rights and the same choices as everyone else in society.

The website can give you information on anxiety.

Website

<https://www.learningdisabilities.org.uk/learning-disabilities/a-to-z/a/anxiety>

## National



- **SCOPE**

Free disability helpline Phone **0808 800 3333**  
Open **Monday to Friday 8am to 7pm. Saturday to Sunday 10am to 6pm**  
Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)



- **Learning Disability Helpline**

Mencap Direct **0808 808 1111**

Advice and information on all aspects of learning disability, issues covered include benefits for people with a learning disability and their carers, housing options and independent living, education, employment options and the support available for people in work or trying to find work, community care (including direct payments).

[www.mencap.org.uk](http://www.mencap.org.uk)



- **Confidential Emotional Support Line**

The helpline can offer support for the causes of anxiety and ways to address these. Can help with ways to cope and could help look for counselling services. Also help to boost self-esteem and confidence.

Helpline: **01708 765200**

Email: [info@supportline.org.uk](mailto:info@supportline.org.uk)

<https://www.supportline.org.uk/problems/learning-disability/>

## National



- **Respond**

Tel **020 7383 0700**

Respond is a national charity providing therapy and specialist support services to people with learning disabilities, autism or both.

[www.respond.org.uk](http://www.respond.org.uk)



- **Together All**

We're an online service providing access to millions with anxiety, depression and other common mental health issues.

<https://togetherall.com/en-gb/news/?lang=en-us/>



- **Choice Support**

Choice Support is a social care charity working across much of England to provide the best possible support to people with learning disabilities, autism and mental health needs.

[www.choicesupport.org.uk](http://www.choicesupport.org.uk)



- **Autistica**

Your mental health is just as important as your physical health. It affects how you think, feel and act. Online advice

[https://www.autistica.org.uk/what-is-autism/signs-and-symptoms/anxiety-and-autism?qclid=EAlal-QobChMInueZlrvM6cglVWODtCh28vQJ3EAAYB-CAAEgL6tvD\\_BwE](https://www.autistica.org.uk/what-is-autism/signs-and-symptoms/anxiety-and-autism?qclid=EAlal-QobChMInueZlrvM6cglVWODtCh28vQJ3EAAYB-CAAEgL6tvD_BwE)

- **Social media**

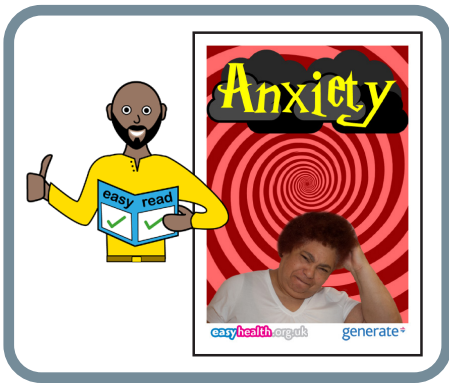
<https://m.facebook.com/Autisticacharity>

## National



### • Leaflet

<https://www.autistica.org.uk/downloads/files/Mental-health-autism-E-LEAFLET.pdf>



### • Easy read Guides on anxiety

Easy health: <https://www.easyhealth.org.uk/wp-content/uploads/2020/02/Anxiety.pdf>

Foundation for People with Learning Disabilities: file:///C:/Users/emily.tucker3/Downloads/easy-read-guide-anxiety%20(1).pdf

Accessed at <https://www.learningdisabilities.org.uk/learning-disabilities/publications/easy-read-guide-anxiety>

## Leeds



If you would like more easy read guides to Anxiety please contact the Leeds **Health Facilitation Team**  
Telephone: **0113 8555049**  
Email: [getcheckedout.LYPFT@nhs.net](mailto:getcheckedout.LYPFT@nhs.net)

[www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/](http://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/)



## LEEDS



### • LEEDS IAPT

Telephone: **0113 843 4388**

Email: [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

We provide support and psychological therapies for common mental health problems, such as anxiety and depression, which one in four of us will experience in our lives.



### • Leeds Mind Peer Support

Tel. **0113 305 5800** for more details.

<https://www.leedsmind.org.uk/services/peer-support/cmht/>

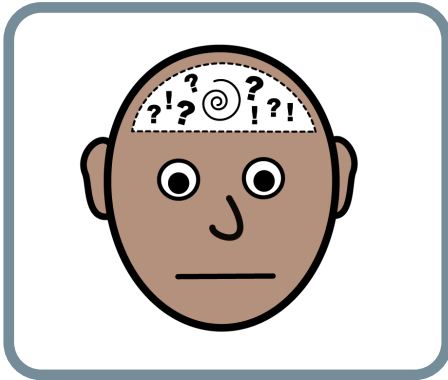


### • Mindwell-Peer Support Directory

You might be feeling very low or anxious, or just not yourself, and there doesn't seem to be any reason why. Or, for example, you may have lost someone close to you, had a relationship break down, or have money problems. If you're struggling and finding it hard to cope, talking to someone can make all the difference.

West Yorkshire 24 hour mental health helpline offers confidential support, advice, information and guidance for anyone in Leeds concerned about their mental health. Tel: **0800 183 0558**.

## LEEDS



### • Mind Mate

is a dedicated mental health and emotional wellbeing website in Leeds for young people, parents and professionals who work with young people. Resource for people 16-25 .Please note this page is not specific to learning disabilities and so you may need support to access the information

<https://www.leedsccg.nhs.uk/health/healthy-living/mental-health/mindmate/>



### • Connect Helpline

Tel: **0808 800 1212**

Connect is a telephone helpline open **6pm – 2am every night** of the year for people living in Leeds. The service provides emotional support and information for people in distress.



### •Leeds Community Health

We are the Leeds Mental Wellbeing Service and are working in a joined up way across the city with NHS partners and third sector organisations to make sure the people of Leeds can get the right support, at the right time and in the right place. Our treatments are available for those aged 17 and over who are registered with a Leeds GP.

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

## LEEDS



### • Linking Leeds

Tel. **0113 336 7612**

Our aim is to connect people to services and activities in their community in order to benefit overall health and wellbeing. We believe that everyone can live a fulfilled life, however, sometimes people need help to achieve this. Feeling linked to your community has lots of health and wellbeing benefits that support resilience, independence and good physical and mental health.

[https://www.co.mmlinks.co.uk/services/leeds/linking-leeds/?search\\_location=&search\\_category=](https://www.co.mmlinks.co.uk/services/leeds/linking-leeds/?search_location=&search_category=)



### • Anxiety Leeds

support group for anxiety and panic attacks

Our aims are: n To provide a safe and welcoming environment for people who suffer from anxiety.

To provide service user lead discussions.

To provide an environment that encourages mutual support and encouragement between service users.

<https://www.anxietyleeds.org.uk/>



### • Forum Central

The aim of the network is to drive positive change for people with learning disabilities. Forum Central aids this by developing the network of third sector organisations working for positive health and care outcomes for people with learning disabilities in Leeds

<https://forumcentral.org.uk/members/>

## LEEDS



- **The market place**

Offers face-to-face and telephone counselling to young people in Leeds (11-25). You will need to book a session using the website (may need support) or by calling between **10am and 5pm**.

Telephone: **0113 246 1659**

Website:

<https://www.themarketplaceleeds.org.uk/drop-in/>



- **One You Leeds**

Accept self-referrals for support on managing weight, quitting smoking, eating a healthy diet, cooking, and exercising. Also has information about how you can help yourself for these areas.

Website: <https://oneyouleeds.co.uk/>

## Carers



- **Carers Leeds**

Carers Advice Line: Carers Advice

Signposting

Tel: **0113 380 4300**

Email: [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

<https://www.carersleeds.org.uk/our-support-service/carers-of-people-with-learning-disabilities/>

## Directories



- **Through The Maze**

Leeds Online Resource Directory

You can call our telephone helpline on **0113 270 3233** between the hours of:-

**8.30am to 4.30pm, Monday to Thursday**

**8.30am to 3.30pm on Fridays.**

Through the Maze is an information service for adults with learning disabilities, their family carers and professionals. We can help you find out about events, activities and groups being run for people with learning disabilities.

<https://www.through-the-maze.org.uk/>



### **Please Note**

- **If it is an emergency then dial 999 or go to your nearest Accident and Emergency department (A&E).**