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# Anxiety Resources

It's normal to worry at times, but when those worries start to take over and you start to stress more - affecting how you feel about many things, people, and places - it may be a sign of anxiety. Anxiety is something anyone can experience, and when it's affecting your life, it's important to reach out for support and yarn about it.

These resources provide information about anxiety and offer practical coping strategies and how to recover.

## Understanding Anxiety

These resources may assist clients and their families to better understand anxiety:



Videos

### MENTAL HEALTH ANIMATIONS: DEPRESSION, ANXIETY, PSYCHOSIS, STAYING STRONG.

These videos explain what happens for people suffering these specific conditions and how to stay strong.



Videos

### WORRY BOSS

A video that explains anxiety and how to get help through an informal yarn.



Videos

### YARNING ABOUT MENTAL HEALTH

A video talking about the importance of connection to family and culture and what happens with depression, psychosis, and anxiety. It also shares tips on how to become stronger.



Documents

### 13YARN FACT SHEETS: ANXIETY

This factsheet describes what anxiety can look like, the contributing factors and some tips to feel less worried.



## We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636

## Coping with Anxiety and Getting Stronger



Videos

### TAKE A STEP RESOURCES

The Stronger You Wheel is a tool to help plan how to stay or become stronger. The 30 second videos are: Strong Body; Strong Culture; Strong Identity; Strong Mind; and Strong Purpose.



Apps

### BUNYARABUGALMA YOUTH APP

This app has information about emotions and practical ways of managing them. It has guided mindfulness videos, affirmations, breathing and movement activities, plus links to mental wellbeing help.



Websites

### YARN SAFE - GOT A LOT GOING ON

A set of resources on: mental health and wellbeing, stress and pressure, relationships, and alcohol and drugs. Music video and videos of people talking about "talking it out."



Apps

### AIMHI STAY STRONG APP

This app helps you to assess the areas in your life where you feel strong and not so strong so you can set some healthy goals.



Documents

### STAY STRONG CARE PLAN

This care plan allows you to set strengths-based goals that include cultural factors.



Documents

### MINDFUL COLOURING IN BOOK

A colouring-in book for all-ages as a mindfulness activity to reduce stress and anxiety.



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[www.wellmob.org.au](http://www.wellmob.org.au)

