

Anxiety disorders affect **14 per cent** of Australians

Is **anxiety**
an issue for you?

“ I am very grateful I found this group. I am feeling much stronger than I was, and as a result of the work I possess some robust techniques to overcome the negative, self-critical thoughts which precede my physical anxiety ”

Michael, previous group member

Is it difficult for you to participate in social situations or be the centre of attention?

You may have social anxiety

Are there times where you are breathing rapidly for no apparent reason or feel like you are having a heart attack?

You may be having a panic attack

Do you fear situations where you perceive escape might be difficult e.g. in a public place.

You may have agoraphobia

Do situations like flying or driving or creatures such as dogs or spiders make you feel fearful?

You may have a specific phobia

Do you repeat actions such as washing and checking in order to prevent something bad from happening, or fear contamination from germs or disease?

You may have obsessive compulsive disorder

Join a self-help group

Contact: Linda Juneo

Phone: (02) 9339 6093

Email: selfhelp@mentalhealth.asn.au

www.mentalhealth.asn.au/find-support/self-help-group-program

All enquiries are welcome and treated confidentially.

The specific locations of the groups are not published to ensure the privacy of group members.

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Free, 12-week Self-Help Groups

Helping people recover from
anxiety disorders



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Self-help groups are based on an effective 12-week, self-treatment behaviour therapy program.



What is anxiety?

Anxiety is a normal feeling that everyone experiences. It is meant to help us avoid dangers and solve problems.

Anxiety can help us prepare for a test, and motivate us to put in that tax return.

However, anxiety can cause problems when it occurs frequently and intensely, starts to affect our wellbeing, or gets in the way of doing things we want to do.

It can range from a fear of specific things (spiders, heights), of being embarrassed or judged in social situations (shyness), to panicking and being in places where escape might be hard (crowds or trains).

It could even be a fear of something bad happening if we don't carry out certain actions repeatedly (like counting, washing your hands).

About the self-help groups

Our self-help groups are free to attend.

Each group meets weekly for 1.5 hours over 12 weeks. The group follows a structured, 'self-treatment', behaviour therapy program which is run by trained volunteers under the supervision of the Self-Help Groups Officer.

Why attend a self-help group?

It allows connection with others facing similar difficulties in a supportive and safe environment.

The groups are relevant for people beginning their journey of facing their anxiety.

They are also relevant for those wanting to continue working on their anxiety after completing a program at an Anxiety Clinic, or working with other health professionals.

How does the program work?

Group members are guided step-by-step through a program of gradual exposure to help overcome their fears.

They determine their targets for systematic exposure and homework. They are taught how to face up to and control anxiety, to keep a diary and to deal with possible setbacks.

The program focuses on addressing and facing anxiety provoking situations for each individual group member.

I'd like more information

Linda Junea

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