

Self help guide to health anxiety

About Easy Read

Easier words with pictures to help explain some ideas.

Worry about your health

A man looking thoughtful with a speech bubble representing anxiety.

Health anxiety is when you worry about your health.

This guide can help you learn about health anxiety.

It can help you manage health anxiety.

The guide talks about:

- What is health anxiety?
- Is it normal to worry about health?

It also talks about

- Things you can do to stop worrying about your health.
- Ways to cope with health anxiety.

The guide has ideas about where you can get help for health anxiety.

But the places it lists are not in Australia.

People in Australia who need help with health anxiety can talk to their GP or [Beyond Blue](#).

This Easy Read self help guide can help you learn about and cope with health anxiety. Health anxiety is when you worry a lot about your health.

The guide has sections about:

- What is health anxiety?
- Is it normal to worry about health?
- How to know if you have health anxiety.
- Things you can do to stop worrying about your health.
- Ways to cope with health anxiety.

The guide also has ideas about where you can get help for health anxiety but the places it says are not in Australia.

People in Australia who need help with health anxiety can talk to their GP or someone at [Beyond Blue](#).

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you](#).

This resource was made by

NHS Foundation Trust

NHS Foundation Trust provides **mental health**

Mental health is about how you feel inside and how you handle your thoughts, feelings, and emotions.

and learning disability services across the north of England. The Trust makes mental health self help guides.

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