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Think Outside The Box

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Generalized Anxiety, OCD, and Phobias

In some cases, seeking out a professional mental health specialist may be necessary. This is nothing negative. In fact, the right specialist can help you achieve a much calmer state of mind and feel a lot happier.

Sometimes, worry, stress and anxiety go beyond our everyday ability to cope. If the techniques covered in this course don't help, if your symptoms are becoming worse or your doctor recommends it, you may need to seek more comprehensive treatment and consider medication or therapy.

The banner features the Explorable logo at the top center, with the text "EXPLORABLE" in a large, bold, white font and "Quiz Time!" in a smaller, white, cursive font below it. Below the logo are three square quiz cards with white borders. The first card shows a pair of red roller skates on a wooden deck and is titled "Quiz: Psychology 101 Part 2". The second card shows a fan of colorful pens and is also titled "Quiz: Psychology 101 Part 2". The third card shows a Ferris wheel at sunset and is titled "Quiz: Flags in Europe". To the right of the cards is a white button with the text "See all quizzes =>" in orange.

When Is Professional Help Most Useful?

Not sure if you should seek professional help? The following are some red flags:

- You have a phobia or fear or something specific that is interfering with your everyday life.
- Your work and home life are beginning to suffer because of your anxiety.
- You find yourself having intrusive thoughts or obsessively checking, washing your hands or doing little rituals that you can't seem to stop engaging in.
- You feel incredibly depressed; your anxiety makes you want to harm yourself or others.
- Your anxiety is causing you to neglect your hygiene, health, or safety.

- You're dealing with your anxiety and worry by abusing substances like alcohol.

Where to Look for Help?

If you're concerned, chat to your GP, a trusted friend or book an appointment with a mental health professional. You could also enquire about help lines or support groups in your area.

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