



EXPLORABLE
Think Outside The Box

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When to See a Professional 2

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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 font and "Quiz Time!" in a smaller, cursive font below it. Below the logo are three quiz cards, each with a different image and title:

- Card 1: Image of a pair of red roller skates on a wooden deck. Title: "Quiz: Psychology 101 Part 2".
- Card 2: Image of a fan of colorful pens. Title: "Quiz: Psychology 101 Part 2".
- Card 3: Image of a Ferris wheel at sunset. Title: "Quiz: Flags in Europe".

At the bottom right of the banner, there is a call to action: "See all quizzes =>".

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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