

Generalised anxiety

Understanding generalised anxiety disorder (GAD)

GAD involves persistent worry about many things that is hard to control and affects daily life. Diagnosis needs clinical assessment.

What it can look like

Worry that keeps returning

Concerns may move between health, work, money or family.

Anxiety in the body

Muscle tension, tiredness and sleep problems may occur.

How you might feel

You may feel on edge or find it difficult to relax or focus.

What may help

- Speak to your GP if worry is affecting daily life.
- Treatment may include CBT, guided self-help or medicines.
- Loved ones can listen patiently and help you seek support.

You do not have to manage persistent worry alone.

Seek urgent help from your crisis team or GP. Cannot keep someone safe? Call 999 or go to A&E.

NHS | Generalised anxiety disorder

NIMH | Understanding GAD

Talk. Be Heard. Reflect.

Room2 Counselling | Information handout | Edition 1

General information, not a diagnosis or individual treatment advice.