

@CHARITYNOPANIC

Taking care of someone with an anxiety disorder can be extremely challenging at times, especially if you have never suffered yourself, but you may be surprised how much of a major role you can play in helping the person recover. Firstly it is important to accept that they are not “putting it on” or “making up” the symptoms. What they are experiencing is genuine, frightening and often life-destroying. A little understanding can go a long way. At the same time, it is also very important to take care of your own health and wellbeing.

TOP TIPS FOR CARERS

Take time for yourself. You cannot take care of others if you are mentally and physically drained yourself.

Learn more about the person you are caring for and their disorder. The more you know, the more help you can give.

Talk to other carers. It is always comforting to know you are not alone. Join us on our Facebook group to share stories & advice.



Ask for help if you need it. You are not a failure or showing weakness by reaching out, we all need a bit of support now and then.

Accept when offered. You may want to do everything yourself but if someone offers then accept gratefully. People offer because they want to help



Look after your own wellness. Diet and exercise are important for everyone to stay in good health. Listen to your body and its needs.

Rest. We all need to shut off and recharge our batteries every day. A good night sleep is essential to cope with daily trials.

Stay in touch with family and friends. If you are not always able to get out then a quick call or even texting is a great way to catch up.



Check out your rights. If you have given up your regular work to become a carer, you may be eligible to certain services or funding.

Give us a call. Our help line is open every day of the year from 10am - 10pm. Sometimes you might just need to talk to someone.

