

# Anxiety

## Safeguarding Fact Sheet



**Safeguarding at**  
the **skills** network

## Anxiety

### What is anxiety?

Anxiety is a feeling of nervousness, worry, fear, or uncertainty. Everybody experiences a certain amount of anxiety at some point in their lives. This is usually due to a stressful event that is coming up, such as taking an exam or starting a new job. However, for most of us, these feelings of worry will go away after a short while.

For some people, feelings of anxiety seem to never go away, and do not seem to be related to any particular event or incident. Anxiety becomes a problem if you are worrying all the time, sometimes about things that are very unlikely to happen, or if you begin to experience panic attacks. It is possible that if this happens to you for a long period of time, you may be diagnosed with an anxiety disorder.

### What are the symptoms?

Symptoms of anxiety will vary from person to person. Immediate symptoms of anxiety may include (amongst other symptoms):

- Feeling sick
- Headaches
- Fast breathing (hyperventilating)
- Difficulty sleeping
- Churning in your stomach
- Panic attacks
- Sweating
- Feeling nervous or tense
- Feeling a sense of dread
- Feeling like your mind is full of thoughts
- Thinking about negative things over and over again.

Longer term symptoms of anxiety may include:

- Sleeping problems/insomnia
- Depression
- Weakened immune system
- Smoking or drinking more, or substance misuse (drugs).

If you are concerned that you are, or someone you know is, or may be, suffering from anxiety, please contact The Skills Network's Designated Safeguarding Lead, Craig Tupling (Executive Director – Delivery and Quality), via email at [safeguarding@theskillsnetwork.com](mailto:safeguarding@theskillsnetwork.com) or on **01757 600706**.

### Resources & Helplines

**Mind** - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

**Anxiety UK** - 03444 775 774 (helpline) / 07537 416 905 (text) <https://www.anxietyuk.org.uk/Samaritans> - Phone: 116 123 (free 24-hour helpline) <https://www.samaritans.org/>

