

Mindful about Mental Health.

Phobias



This month's mental health section is about phobias and how they affect our mental health.

What is a phobia?

A phobia is a type of anxiety disorder. It is an extreme form of fear triggered by a particular situation, object, or animal.

- A situation that triggers a phobia. You may know it's safe to be out on a balcony in a high-rise block, but feel terrified to go out on it. You might not even be able to enjoy the view from behind the windows inside the building.
- An object that triggers a phobia. You may know that a spider isn't poisonous or that it won't bite you, but this still doesn't reduce your anxiety.

You may even feel this extreme anxiety when you think or talk about the situation or object.

Phobias and mental health

Many of us have fears about particular situations or objects. This is perfectly normal. A fear becomes a phobia if: the fear is out of proportion to the danger, it lasts for more than six months or it has a significant impact on how you live your day to day life.

(Mind.)

I've attached a link to the NHS website where you can find more information about phobias if you are worried about yourself or someone else.

<https://www.nhs.uk/mental-health/conditions/phobias/>

Always here and happy to help,

Ms Winterton x