



**Q4 PRESS HIGHLIGHTS**  
**01/01/2018 – 31/03/2018**

# How to get help for hypochondria and health anxiety



[Dr Oliver Starr](#)

6 min read

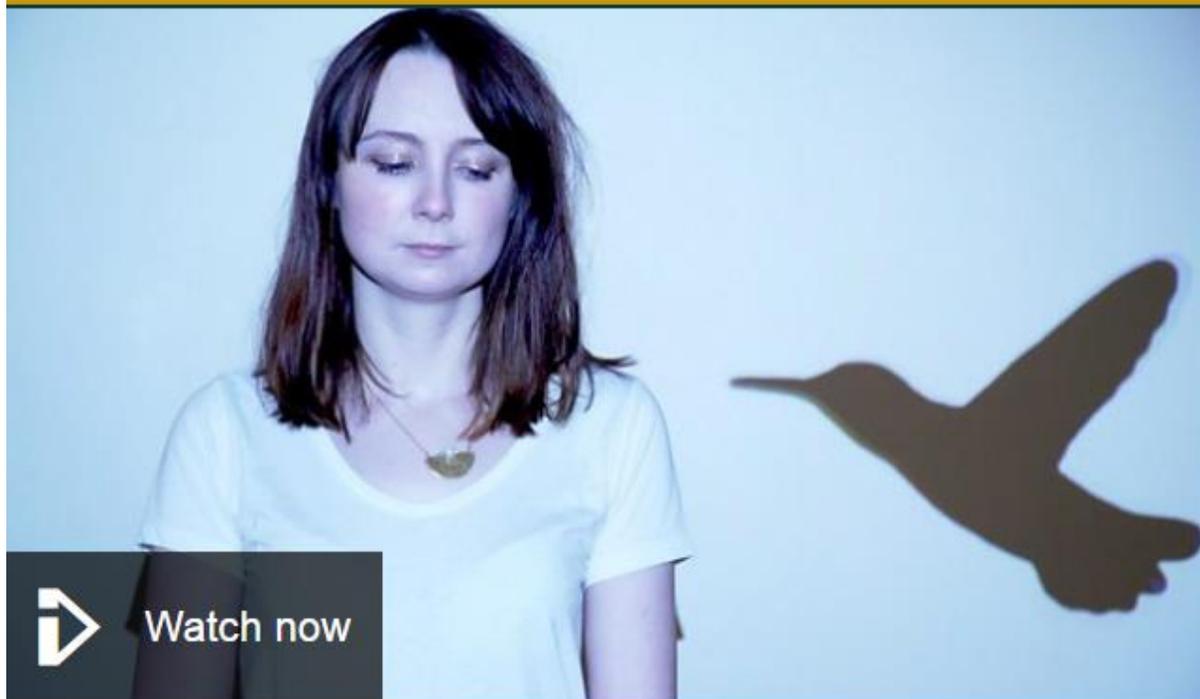
## No laughing matter

Being a hypochondriac is nothing to laugh at. Sometimes the worry of what might be wrong with you really is worse than what you're actually worried about. And it can ruin your life. For instance, some people are constantly paranoid they have something serious (like [cancer](#)) lurking somewhere inside them and that the doctors are going to miss it.

Eventually they are reassured enough that they don't have that particular illness (be it [throat cancer](#), [a brain tumour](#) or [an impending stroke](#)). But usually at some point in

The chief executive of Anxiety UK, Nicky Lidbetter, explains: "Anxiety UK receives many enquiries every year from those experiencing health anxiety and indeed the number of people affected seems to be on the rise. 'Dr Google' may in part be responsible for this along with a general increased awareness in society of mental health issues and of anxiety and stress."

Home Episodes



## When Mental Health Gets Physical

### Like Minds

Mental health problems can come with physical aches, pains and symptoms that can make life very difficult. They can go undiagnosed and untreated for a long time, with people getting caught up in a cycle of tests and appointments. Around 1 in 5 GP appointments are for a symptom that shows no results in a test. So, once you know you're not alone, what can you do about it? The Like Minds team have been finding out.

Produced by Andy Brownstone and India Rakusen

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22 February 2018

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By Leah Milner [Inspiring stories](#)

## Mental health issues in a senior position – how open should you be?

8 Feb 2020

Nicky Lidbetter, the Chief Executive of Anxiety UK says: 'Getting your friend to focus on other things such as noticing different things in their environment, eg. 5 things you can see, 5 things you can touch, 5 things you can smell - can all help to get your friend to shift their focus onto the external world rather than on themselves and the panicky feelings they are experiencing.'

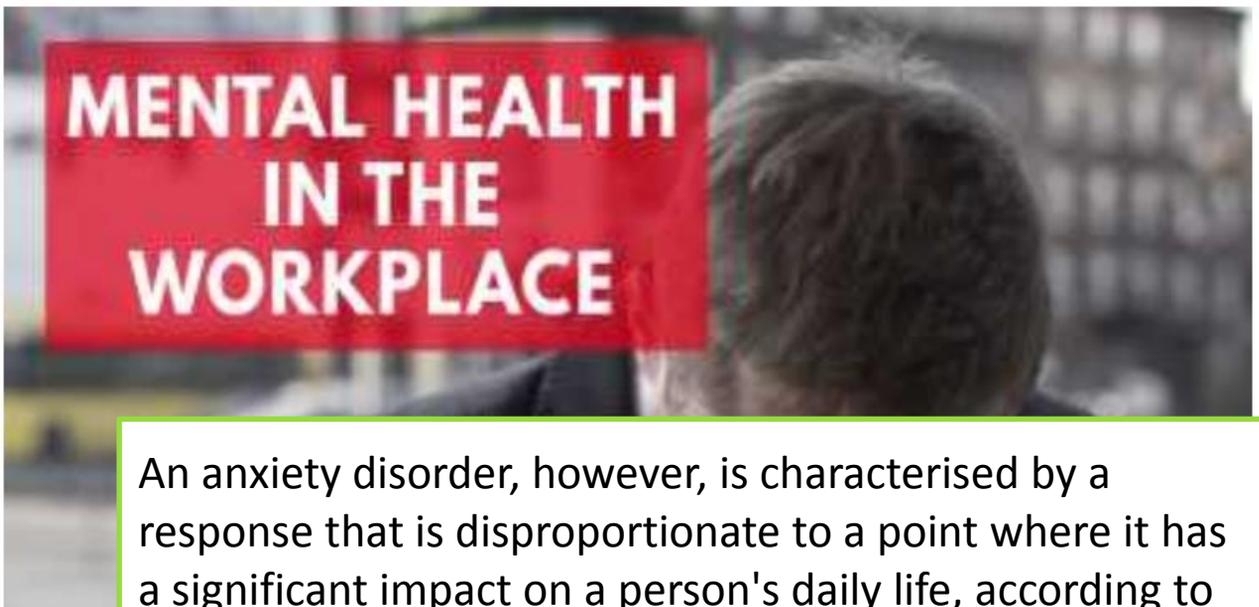
# Are you feeling a 'healthy' level of anxiety or ignoring a harmful disorder?

- New research shows that 85% of people in the UK feel anxious at least sometimes.
- However, experts state there is a difference between feeling anxious and suffering from an anxiety disorder.



By Kashmiria Gander

Updated January 24, 2018 09:36 GMT



An anxiety disorder, however, is characterised by a response that is disproportionate to a point where it has a significant impact on a person's daily life, according to Lidbetter.

"I think we're talking more about anxiety than ever and I've been CEO of Anxiety UK for nearly 20 years," Nicky Lidbetter, Chief Executive of Anxiety UK, told IBTimes UK. "Anxiety is at the acceptable end of the spectrum [of mental health]. People feel able to to talk about it."

# Fear of flying? One in 10 of Britons suffer from aerophobia - new course can help beat it

MANCHESTER AIRPORT is welcoming the return of British Airways' Flying with Confidence course, which helps put fearful flyers at ease.

By **ELLY BLAKE**

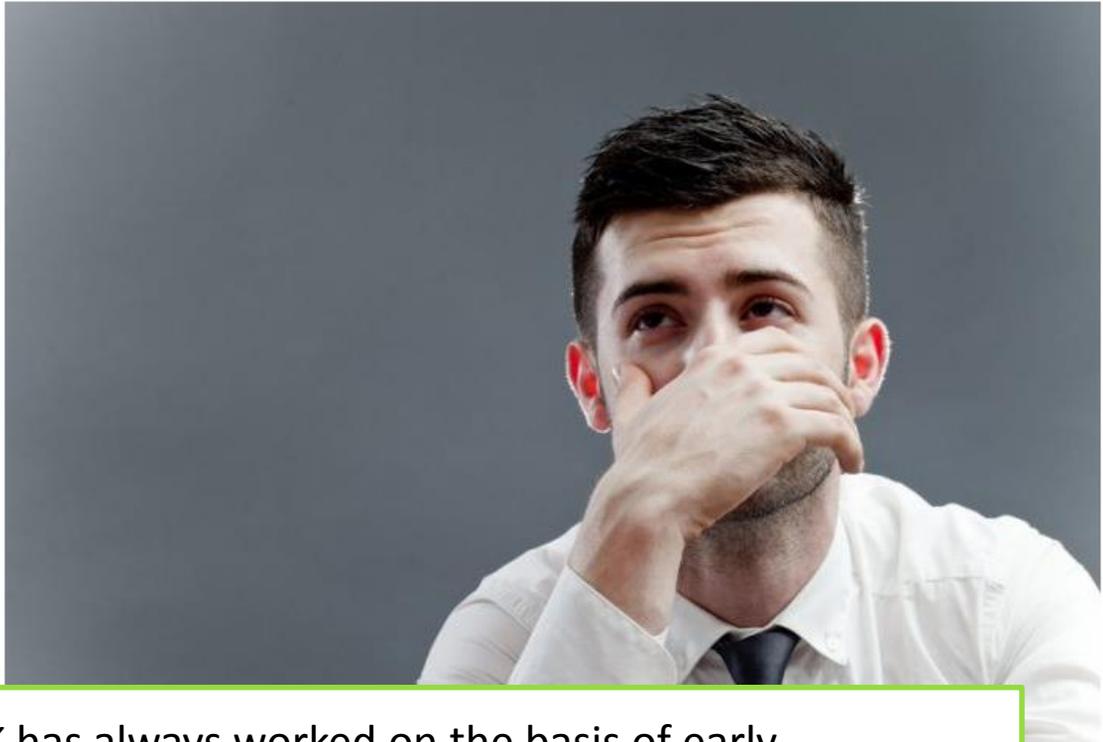
PUBLISHED: 10:12, Tue, Feb 20, 2018 | UPDATED: 10:48, Tue, Feb 20, 2018



According to the leading charity, Anxiety UK, aerophobia is “believed to affect one in ten of the population, however some studies suggest that the proportion is much higher”.

# Agoraphobia, associated anxiety disorders, claustrophobias and conditions

March 26, 2018



AUK has always worked on the basis of early intervention and access to support where anxiety disorders are concerned. And we see that tackling challenges early often leads to enhanced treatment response and a greater chance of clients returning to their pre-anxiety state

It is absolutely our mission to make sure that people who experience anxiety are given all of the information they need to improve their condition.

# Press Links

BBC

[\*When Mental Health Gets Physical\*](#)

Express

[\*Fear Of Flying\*](#)

AAT

[\*Mental Health Issues In A Senior Position\*](#)

International Business Times

[\*Are You Feeling A Health Level Of Anxiety\*](#)

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