**The Legacy of Pandemic Anxiety**

Anxiety disorders are the most common mental health disorder in the world today. In 2020, almost 300 million people were diagnosed with an anxiety disorder. Any major upheaval can cause a rise in anxiety and depression (which are often co-morbid). We have seen this in individual countries, such as the financial crisis that severely impacted Greece. Now we can study the worldwide effect of a global disruption. The impact has particularly affected younger people.

As we gradually revert to ‘normal’ and re-engage in social interaction, it is possible that younger people will feel an increase in anxiety. People in general are feeling exhausted, burned out and mentally unstable. Social anxiety – already a common illness of the young – is on the increase.

It is important to get help and yet the mental health services are stretched. Waiting lists are longer than ever.

Here at Lifesolutions, we have offered psychological therapies, including CBT and hypnotherapy for over 30 years. We work with children, teens, and adults, using cutting edge techniques and effective one to one counselling and psychotherapy. We are trained and fully insured to use EMDR for anxiety, trauma, depression and more.

For further information please call us on 01245 416544 or email carolewantherapy@icloud.com