

This flyer has been produced in the framework of the project entitled "Reducing access inequalities in primary healthcare for socially significant diseases at CB Area's deprived communities" with the acronym <equal2health>, which is implemented under the CP INTERREG V-A "Greece-Bulgaria 2014-2020" with partners from Greece and Bulgaria. The contents of the flyer are sole responsibility of CVT Nefeli and can in no way be taken to reflect the views of the European Union, the participating countries the Managing Authority and the Joint Secretariat.



NATIONAL HEALTH INSURANCE
 FUND - REGION SMOLYAN



MUNICIPAL HOSPITAL
 OF DEVIN



DIAGNOSTIC AND CONSULTING
 CENTER "ALEKSANDROVSKA"

As part of the project in the region of Greece, two structures have been established and running providing free medical examinations and counselling for cardiovascular, neurological and psychiatric conditions:

- 1) The "Observatory equal2health" of socially significant diseases in the Program area; Psychiatric Hospital of Thessaloniki, located on 196 Lagada Street, post code 56430, Stavroupoli, telephone number 2313-324268 (Monday and Wednesday 15:00-20:00)
- 2) The Pilot Local check-up centre equal2health of socially significant diseases in the city of Diavata in Thessaloniki «SOS DCP CENTER Diavata equal2health» located on 2 Panagiotou Spyrou street, post code 57008, telephone number 2310 -788630 (extension 407) (Monday to Thursday 15:00-20:00)



STRESS



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What do I need to know

When do I know that my stress levels are abnormal?

Everyone can feel anxious sometimes. But when anxiety and fear become permanent and affect your daily life, then you may have an anxiety disorder.

What are the anxiety disorders?

Anxiety disorder is a generic term that includes:

- Panic disorder, when a seizure occurs suddenly, often accompanied by sweating, chest pain, globus sensation etc.
- Social phobia, when you are very worried about associating with others, especially if you feel you will be judged or made to feel ashamed
- Special phobias when you are afraid of a particular object or a situation, such as heights or air travel, to the extent that your choices are limited
- Generalized stress, when you feel excessive, unrealistic anxiety and worry about simple situations, that lead to irritability and disturbance in your sleep
- Agoraphobia, when you feel anxious in public transport, indoors, in open public places, waiting in line or within a crowd, even when you just leave the house.



What are panic attacks and when do they occur?

Panic disorder includes anxiety attacks that are intense, occur suddenly and unexpectedly, and usually last a few minutes. During these attacks, the person usually feels frightened and believes that his or her physical health is at risk, which is why he or she usually consults a physician, but mainly his or her cardiologist. But these are essentially physically harmless episodes. They can occur accidentally or after exposure to various stressful situations. The most common symptoms of the disorder are tachycardia, dizziness, shortness of breath, nausea, tremor, sweating, chest pain, numbness of the limbs, fear of going crazy, and even fear that you may die or that you are seriously ill.

What is the treatment?

Your psychiatrist can tell you about both, treatment via medication and by means of psychotherapy. The most common prescription for anxiety disorders are antidepressants.

What can I do until I am seen by a specialist?

If you consciously try to slow down the rate of your inhalations and exhalations, your heart rate will drop and your body will relax. If nevertheless, the panic attacks occur frequently, they are probably a sign of a panic disorder, in which case you should definitely seek the advice of a specialist. A panic attack works in a vicious circle. The more you worry about it actually happening, the more likely it is that it will happen. The first step to improving the condition is knowledge and acceptance.