

Workbook and information about health anxiety

Health anxiety is when you worry a lot about your health. For some people, health anxiety:

- does not go away even when health professionals say there is nothing wrong
- leads to unhelpful behaviours like asking for many medical tests
- makes it hard to enjoy life.

This resource has:

- fact sheets about health anxiety
- a workbook about health anxiety.

The resource is not written for people with intellectual disability. The resource uses some hard words.

The resource could be used by family members, carers or supporters to help someone who worries a lot about their health.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Centre for Clinical Interventions

The Centre for Clinical Interventions makes resources to help with **mental health**

Mental health is about how you feel inside and how you handle your thoughts, feelings, and emotions.

problems. The Centre is in Western Australia.