Managing Stress: Where to Get Help

If the things you try on your own don’t relieve your stress, health care professionals can help.

- Primary medical provider (PMP)
  - He or she can help determine what is causing your stress. It could be an anxiety disorder, a medical condition or both.
  - He or she can help refer you to a mental health professional.
- If you feel your situation is an emergency:
  - Call a crisis hotline or
  - Go to your nearest emergency room.
- Support groups are also available in most communities. Find a support group near you (www.namiindiana.org).

More Resources

Learn more about how you can manage stress by visiting the following websites.

- The Road to Resilience (www.apa.org/helpcenter/road-resilience.aspx)—Learn how to increase your resilience, the trait that allows you to bounce back from adversity and stress. (American Psychological Association)
- Exercise Fuels the Brain’s Stress Buffers (www.apa.org/helpcenter/exercise-stress.aspx)—Explains how regular exercise helps reduce and manage stress levels. (American Psychological Association)
- Stress Management (www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)—Stress affects each of us in different ways. The American Heart Association offers advice on how to deal with stress.

Sources:
American Psychological Association, American Heart Association, National Alliance on Mental Illness (NAMI), U.S. National Library of Medicine, National Institutes of Health