

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 \(www.namiindiana.org\)](http://www.namiindiana.org).

More Resources

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

- [The Road to Resilience \(www.apa.org/helpcenter/road-resilience.aspx\)](http://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)
- [Managing Stress for a Healthy Family \(www.apa.org/helpcenter/managing-stress.aspx\)](http://www.apa.org/helpcenter/managing-stress.aspx)—Tips for dealing with stress in the family better and modeling healthy behavior to your kids. (American Psychological Association)
- [Exercise Fuels the Brain's Stress Buffers \(www.apa.org/helpcenter/exercise-stress.aspx\)](http://www.apa.org/helpcenter/exercise-stress.aspx)—Explains how regular exercise helps reduce and manage stress levels. (American Psychological Association)
- [Stress Management \(www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp\)](http://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