

MedOnline (/index.php)

Online Doctor MedOnline (<https://medonline.co.nz>)'s guide to MedOnline - see doctor now for your anxiety

What is Anxiety?

Anxiety is a feeling of unease, such as worry or fear. It can range from mild to severe and have a huge impact on your life day to day.

Everyone get feelings of anxiety at times in their life, e.g. anxious about exams or interviews - during these feeling anxious can be perfectly normal. Some people find it hard to control their worries and the feelings of anxiety are more constant and can often affect their daily life.

When to see your GP

Although feelings of anxiety at certain times are completely normal, you should see your GP if anxiety is affecting your daily life or is causing you distress.

Your GP will ask you about your symptoms and your worries, fears and emotions to try to find out if you could have GAD.

How is Anxiety treated?

Several different treatments are available that can help ease your symptoms. These include psychological therapy– such as cognitive behavioural therapy (CBT), medication – such as a type of antidepressant called selective serotonin reuptake inhibitors (SSRIs).

Other things you can do to help reduce anxiety, such as going on a self-help course, exercising regularly, stopping smoking and cutting down on the amount of alcohol and caffeine you drink.

With treatment, many people are able to control their levels of anxiety. However, some treatments may need to be continued for a long time and there may be periods where your symptoms worsen.

Want to talk?

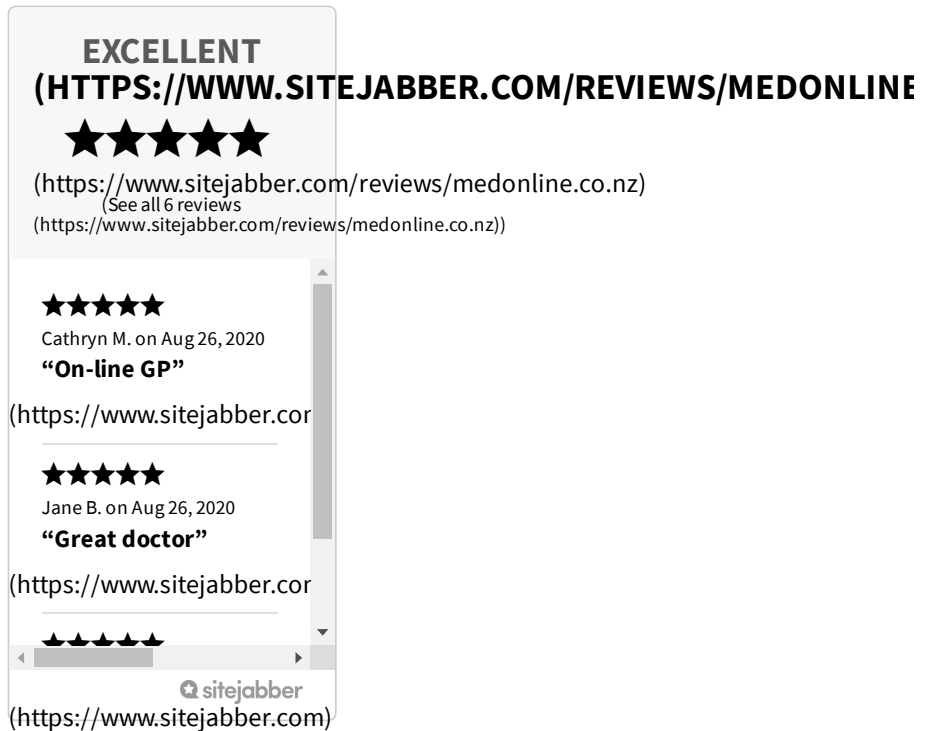
Book an appointment (</book.php>) for a video consultation with a qualified New Zealand GP, who can discuss all this with you. If appropriate, we can arrange for the medications to be prescribed and delivered to you.

ONLINE DOCTOR (<https://medonline.co.nz>)

I'm McCoy, MedOnline's AI assistant - what can I do for you today?



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ABOUT MEDONLINE

MedOnline - virtual doctors for New Zealand. We aim to be the future of healthcare in New Zealand, connecting **you** with qualified **online doctors** easily and at more convenient times.

DOWNLOAD THE APP



(https://play.google.com/store/apps/details?id=nz.co.medonline&hl=en_US)

(iPhone app coming soon)

HOW IT WORKS

What we do (/treat.php)

Things we can't treat (/treat_cannotdo.php)

Get your prescription (/about_zoom.php)

Terms and Conditions (/terms-and-conditions.php)

Privacy Policy (/privacy-policy.php)

USE MEDONLINE

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Contact us (mailto:contact@medonline.co.nz)

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