

# Understanding anxiety and depression

**“I would always see girls, in my year and above, in the playground with teachers, having a breakdown. I think everyone kind of associated it with the idea that, ‘It’s Year 12 ... it’s going to happen.’”**



Anxiety can be so consuming that you feel like you just can't function.

It gets in the way of enjoying life. It can be a feeling of imminent disaster (such as being in an exam and not knowing anything), an overwhelming sense of worry (perhaps you fear