

# ADDRESSING NEEDLE PHOBIA



Needle fear is very common in children and adults of all ages. But when this fear becomes extreme and affects your ability to function (or your health!), it can be considered **needle phobia**, or *trypanophobia*.

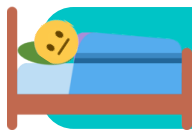
## WHAT DOES NEEDLE PHOBIA LOOK LIKE?

Even the thought of getting a needle can lead to:



Heart palpitations

Severe anxiety or feeling panicky



Insomnia leading up to the needle

Nausea or dizziness



Avoidance of vaccination and other medical care

Excessive sweating



## HOW CAN I OVERCOME NEEDLE PHOBIA?

Working with a psychologist for **exposure therapy** can help reduce needle phobia in adults, teens, and children aged 7+. It involves **being gradually exposed to the feared item** in a safe and controlled environment. Just a few hours or sessions of treatment can lead to a big difference.

Don't let fear stop you from getting the care you deserve.

Learn more at: [cihr-irsc.gc.ca/e/52778.html](https://cihr-irsc.gc.ca/e/52778.html)



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