



# No Panic

Helping you break the  
chains of anxiety disorders

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Opening Hours: 9am-5pm Monday to Friday

We are a voluntary charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquilizers. No Panic specializes in self-help through telephone recovery groups.

- A confidential helpline that is staffed by trained volunteers on 0844 967 4848 and is available from 10am to 10pm everyday. This number also doubles as a night time anxiety line, which is an answer phone service only.
- 1-1 mentoring service, a 6 week set of 1 hour sessions to support sufferers individual needs.
- Telephone recovery groups. Supporting members in a structured group setting in a 14 week course.
- For members who wish to make pen pals, No Panic provides a “Contact Book” service.
  - Books, Literature, CD’s and DVD’s can be provides to help with anxiety disorders.
- Provides simple, easy to follow step-by-step written recovery programmes and guides for phobias and Obsessive Compulsive Disorder.
  - Advice and support for people trying to come off of tranquilizers is available.
    - Lay-person self help cognitive behaviour therapy as a basis for recovery.
  - Information and support is available for the families and carers of sufferers.

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