



ANXIETY

Further support and advice

BREATHING SPACE

0800 83 85 87

OPEN UP WHEN YOU'RE FEELING DOWN SOMETIMES OUR THOUGHTS AND FEELINGS OVERWHELM US TO THE POINT WHERE IT BECOMES DIFFICULT TO COPE WITH EVERYDAY LIFE.

THE CORNER

01382

206060

THE CORNER OFFERS A WIDE RANGE OF HEALTH & INFORMATION SERVICES THROUGH OUR CITY CENTRE DROP-IN AND OUTREACH WORK. SERVICES ARE ALL FREE, INFORMAL AND CONFIDENTIAL. SERVICES ARE FOR THOSE AGED 11-19

YOUNG MINDS

TEXT YM TO

85258

OUR VISION IS CLEAR: WE WANT TO SEE A WORLD WHERE NO YOUNG PERSON FEELS ALONE WITH THEIR MENTAL HEALTH.

NOPANIC

0300 7729844

NO PANIC HELPS AND SUPPORTS THOSE LIVING WITH PANIC ATTACKS, PHOBIAS, OBSSIVE COMPULSIVE DISORDERS AND OTHER RELATED ANXIETY DISORDERS. NO PANIC ALSO PROVIDES SUPPORT FOR THE CARERS OF PEOPLE WHO SUFFER FROM ANXIETY DISORDERS.