



# ANXIETY

Further support and advice

**MIND**  
**MIND.ORG.UK**

WE PROVIDE ADVICE AND SUPPORT TO EMPOWER ANYONE EXPERIENCING A MENTAL HEALTH PROBLEM. WE CAMPAIGN TO IMPROVE SERVICES, RAISE AWARENESS AND PROMOTE UNDERSTANDING.

**THE CORNER**  
**THECORNER.CO.UK**

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**  
**YOUNGMINDS.ORG.UK**

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

**NOPANIC**  
**NOPANIC.ORG**

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