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Mon, October 14, 2019

## No Panic



No Panic is 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 tranquilisers. It specialises in self-help through telephone recovery groups, because most people don't have a local face-to-face group or they find getting to such a group a problem in itself.

No Panic also provides: a 'Contact' book service for members wishing to make pen-pals; literature, CDs and DVDs to help overcome anxiety disorders; information and support to families and carers of sufferers; and information on starting and running a local face-to-face group.

**Helpline:** 0844 967 4848 (open 10am-10pm)

### Further Information and Contact Details

**Street Address:** Jubilee House, 74 High Street, Madeley, Telford, TF7 5AH

**Telephone:** 01952 680460

**Email:** [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

**Website:** [www.nopanic.org.uk](http://www.nopanic.org.uk)