

# SELF HELP GROUPS

## Anxiety, Panic & Phobias

### No Panic (local groups)

93 Brands Farm Way, Telford, TF3 2JQ.

Helpline: 01925 590545 10.00 am to 10.00 pm  
Head Office: 01925 590005  
Information Line: 0800 783 1531

Helpline, information booklets and local self-help groups for people with anxiety, phobias, obsessions, panic.

### MIND

15-19 Broadway, London, E15 4BQ.

Helpline: 0208 519 2122 9.15 am to 5.15 pm

Information, literature and follow-on contact numbers (as required), given to people with anxiety, depression, post-natal depression, stress, stress at work, emotional problems, drug related mental health problems.

### Triumph Over Phobia (TOP UK) (local groups)

PO Box 1831, Bath, BA2 4YW.

Office: 01225 330353

Structured self-help groups for those suffering from phobias or obsessive compulsive disorder. Each group has a volunteer leader and four or five supporters. Average recovery rate is five months.