



Don't suffer alone
Pick up the phone

**Helping you break the
chains of anxiety
disorders**

National Organisation for Phobias, Anxiety Neuroses, Information and Care

51a Market Street
Oakengates
Telford
Shropshire
TF2 6EL

Phone: **01952 680 460** info@nopic.org.uk
Helpline: **0300 772 9844** www.nopic.org.uk
Youth Helpline: **0330 606 1174**
Crisis Number: **01952 680 835**

Hello and thank you for contacting No Panic. We hope to be able to assist you on your road to recovery. We have many different support services able and hope you take full advantage of everything we have to offer.

Being a charity we have to charge a small Membership fee to cover our costs of £25 per year or just £5 for our youth membership (- 20 years)

Members can enjoy:

- ✓ Access to our One to One (£25) and Group Recovery (£20) Services
- ✓ Access to our Befriending group Service & coffee afternoons
- ✓ Access to our Member's Only Facebook Group
- ✓ Access to our Monday evening support chat group
- ✓ Access to our email recovery program (£25)
- ✓ A Year's Subscription to No Panic's monthly support emails
- ✓ Optional access to and inclusion in our Contact Book
- ✓ A discount on buying stocked items from No Panic by post or phone
- ✓ A free copy of the Extended Beginner's Guide to Anxiety
- ✓ A free No Panic Wristband
- ✓ A birthday coupon for a 10% discount on any No Panic stock
- ✓ 20% off Lavender Products from Cotswold Lavender

If you would like to talk to someone about your anxiety please use the following contacts:

- No Panic helpline open 10am-10pm every day 0300 772 9844
- Our Youth Helpline- For those under 20 years old 0330 606 1174 (calls charged at local rate)
- Crisis Breathing Message: 01952 680835
- Email support: sarah@nopic.org.uk
- Direct messaging via our website: <https://nopic.org.uk/>

Other support services include FastTrack Mentoring (£45) and non-members mentoring (£45)

We look forward to supporting you in any way we can and if you would like further information on any of our services please call 01952 680460 or email: info@nopic.org.uk

Yours sincerely

Nicki

No Panic Membership Secretary





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According to the UK Mental Health Foundation:

- More than two-thirds of adults in the UK (69%) report feeling somewhat or very worried about the effect COVID-19 is having on their life.
- One in 4 people in the UK will experience a mental health problem in any given year.
- In England women are more likely than men to have a common mental health problem and are almost twice as likely to be diagnosed with anxiety disorders.
- In the UK, 70 million days are lost from work each year due to mental ill health (i.e. anxiety, depression and stress related conditions) making it the leading cause of sickness absence.
- 10% of children and young people (aged 5-16) have a clinically diagnosable mental health problem yet 70% of children and adolescents who experience mental health problems do not receive intervention at a sufficiently early age.

Severe anxiety and phobic disorders are the most common cause of mental health problems. Surveys indicate that they affect up to 18% of the UK population including:

- Up to 5 million people with Agoraphobia
- Up to 1 million people with social phobias
- Up to 4 million people with specific phobias
- Up to 2 million people with Obsessive /Compulsive Disorder
- Up to 2 million on tranquillisers, many long term.



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HERE TO HELP

Thankfully, mental health awareness is increasing on a daily basis and the government has made a commitment to increase resources to improve services in the future. Unfortunately, health services in the UK are overstretched and have long waiting times, which despite the fact that over 75% of anxiety disorder sufferers do not even seek professional help of any kind!

No Panic believes each and every one of us will have a dip in our mental health at different times throughout our lives. Mental ill-health knows no class, gender, age or economic boundaries and can affect any one of us at any time. COVID-19 has further exacerbated this already alarming crisis.

No Panic provides crucial support that fills the gaps left by statutory services. Quite often people who contact No Panic have been waiting a long time for therapy or have been refused help as they do not fit the mandatory service criteria. No Panic offers support that can prevent certain situations from reaching a crisis point. We have the insight to know that no one treatment will work for an individual. Enabling choice is paramount in helping people to discover their own potential which educates them on how to personally manage their mental health.

Our guiding philosophy is that people can and do recover from mental health issues (however severe they may be), and go on to live lives of their own choosing if they are provided with tailored made needs. Our recovery programs use layperson Cognitive Behaviour Therapy and anxiety management as their base. Whilst no therapy guarantees success, this method has at the present time, the highest success rate.



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SUPPORT FOR ALL

All of our services are provided over the telephone or internet which provide enormous flexibility, comfort and confidentiality to those we support. Because of our accessibility and the agile nature of our platform, the type of support offered by our charity is of extra special benefit to:

- Those who live in rural or isolated areas
- Those who, for whatever reason, are unable to travel
- Those where access to local face-to-face self-help groups or where statutory support is very limited
- Those who do not fit statutory services criteria
- Those who find face to face therapy impossible
-

No Panic believes that everyone deserves to learn the tools to improve their own mental wellness. Our wide range of services and support including:

- No Panic Helpline
- Youth Helpline
- Crisis Breathing Message/ Breathing Animation
- Website and Social Media
- Telephone Recovery Groups
- Tailored E-mail Recovery Programme
- One-to-One Telephone Mentoring Schemes
- Youth Support Services
- Literature, CDs, DVDs
- Befriending Services
- Live Chat Instant Messaging Service
- Monthly Support Emails



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What are anxiety disorders and their effects?

We live in an age where anxiety is an accepted part of daily life.

Will I get to work on time?

Will the bills get paid?

Will the car start?

Will I pass my exam?

These are examples of “normal” anxiety that we all experience. However, for people who live with an anxiety disorder, every day issues can blow up out of proportion and dramatically affect their lives, resulting in things such as Panic Attacks, Phobias, PTSD and Obsessive/Compulsive Disorders etc. Symptoms of these disorders can be life-changing in many ways. The quality of life for the sufferer and subsequently their families, partners or carers can be sent into turmoil.

One of the worst things about living with anxiety can be the feeling of loss of control, helplessness and sometimes solitude. Things that others take in their daily stride and for granted can be impossible for someone living with an anxiety disorder.

The good news is that the chains of anxiety can be broken. Many people have done it and continue to get their lives back on track on a daily basis. Recovery is all about making life changes, swapping bad habits for good and using certain life tools to reduce and conquer symptoms. It also means personal growth as well as gaining self-confidence and self-awareness. Recovery from anxiety can involve a series of ups and downs. What you may be able to do one day, you will find unachievable the next and vice versa. It is about moving forward slowly but surely and taking each day as it comes. Setting goals, facing fears and decreasing anxiety symptoms is the way ahead.

Our aim at No Panic is to help people return to a fulfilling and satisfying life-style. You can become a member of No panic or order recovery services and products by filling in the enclosed membership/order forms and returning them to No Panic, 51a Market Street, Oakengate, Telford, Shropshire, TF2 6EL. This can also be done directly on our website: <http://www.nopic.org.uk>



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ANXIETY SYMPTOMS EXPLAINED

How anxiety affects us:

- Physically – Symptoms
- Emotionally – Fear
- Cognitive – The way we think
- Behave – Avoidance Behaviour

If we look up the word anxiety in the dictionary, we find the explanation:

“An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future”.

The symptoms we experience with anxiety are real symptoms but they are not due to a real physical illness. Take a minute to think what happens to your body when you're having a panic/anxiety attack; it is in fear response mode. If you were in some kind of danger you would need to act quickly to defend yourself, that's why we have a built in fight-or-flight response that our body activates once we feel any type of threat.

When the body is very anxious the nervous system gives a signal to release certain hormones, (adrenaline and cortisol). When these are produced in the body, the heart-rate is stimulated, air passages and blood vessels dilate, as well as a number of more minor effects. You will start breathing very deeply without needing to do so and this will cause you to accumulate extra air in your chest and diaphragm area that you don't need. (That is the reason you feel suffocated while you're having a panic/anxiety attack) Eventually this will cause pain because your chest is expanding beyond its limits and pushing on your rib cage.

During the fight or flight response especially, the body completely shuts off the digestive system because we don't need it at that moment. Which is why our appetite is reduced when extremely anxious. The longer the food stays in the stomach the acid will back up in your oesophagus. This can cause chest pain, painful throat, nausea and even diarrhoea. Muscles tense up in preparation for impending action which can lead to stiffness and pain.



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Common anxiety symptoms

- Unshakeable feelings of dread, apprehension, and irrational fears
- Heart palpitations
- Difficulty breathing or Hyperventilating
- Dizziness and feeling lightheaded
- Chest pains and other symptoms similar to those of a heart attack
- Inability to concentrate
- Insomnia
- Chills and perhaps hot flushes
- Dry mouth
- Sense of impending doom
- Stomach cramps, diarrhoea, nausea and other intestinal symptoms
- Clamminess
- Muscle tension, aches and pains
- Exhaustion
- Pins and needles
- Irritability
- Excessive sweating
- Dry mouth
- Painful throat
- Feelings of unreality

Some parts of the body are more sensitive to these than others which is why different people have different symptoms. It might be reassuring to know that all anxiety symptoms can be explained by the release of hormones in the system, incorrect breathing and the body preparing for the fight or flight response. Although these symptoms are unpleasant they will not harm us.



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No Panic's 5 Step Approach

STEP 1

Personal
Responsibility
Coaching

Step 1 Our recovery programs, whether individual or in a group aim to harness an individual's own strengths and provide them with the tools to improve their own mental wellness by encouraging participants to take personal responsibility for their own mental health and to identify not only what 'triggers' mental health difficulties but also crucially what keeps them well.

STEP 2

Cognitive
Behavioural
Therapy

Step 2 We use the principles of cognitive behavioural therapy to develop participants understanding of the relationship between thoughts, feelings, actions and physiology. It also explores interventions that participants can make in relation to changing their way of thinking and behaviour towards fear by using desensitisation techniques.

STEP 3

Goal
Setting

Step 3 Our programs also focus on goal setting. We facilitate participants to look at all aspects of their life and to focus on the key goals that will improve their wellness. We coach on how through simple goal setting and regular self-appraisal, individuals can take personal responsibility and regain control of their lives.

STEP 4

Life Skill
Development

Step 4 We coach our participants on the principles of general mental wellbeing and the development of a wellness continuum that focuses on wellness strategies. Our programs aim to develop a participant's understanding of the underlying principles of mindfulness a gratitude and how they can apply them in their own lives in simple and practical ways to enhance and maintain their mental wellness. Participants are encouraged to continue to develop their learnt life skills and in order to maintain their own mental wellbeing on an on-going basis.

STEP 5

Together We
Recover

Step 5 No Panic believes that the best people to help anxiety sufferers recover are those that have lived through the same experiences. This is the reason why most of our volunteers have recovered using our services and feel that they want to go on to train and support others on their road to recovery. Together we can Recover.



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No Panic's Recovery Services

Telephone Recovery Group

What does it involve? It is a basic 12 week, one hour per week telephone course.

When will the course take place? Usually in the evenings. Each course will run for a 12 week period.

What is the cost? £20 per course, [Membership of No Panic](#) and the cost of a one hour telephone call per week from your home to a teleconference facility.

One-to-one Telephone Mentor Scheme

What does it involve? It is a 6 week, one hour per week telephone course.

What is the cost? £25 per course, [Membership of No Panic](#), if you are not already a member, and the cost of a one hour telephone call per week from your home to your mentor. Each course will run for a 6 week period.

Fast-Track Mentoring *is also possible where you will be allocated a mentor immediately this service costs £45.*

Email Recovery Program

What does it involve? This program is carried out via email over a 6-week period an option of signing up to a monthly support plan for a period of 6 months.

What is the cost? £25.

If you would like more information on any of No Panic's Recovery Services, all details can be found on our website.



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If you would like to become a member of No Panic, you can do so via our website of completing this form.

NO PANIC MEMBERSHIP APPLICATION FORM

Mr/Mrs	Forename	Surname
Date of Birth	Telephone Number	Email Address
Address		
Would you like to be included in our Contact Booklet aimed to help you make friends with other sufferers? Yes / No		

Please tell us briefly how anxiety affects you:

--

There is a waiting list for some of our services, however we endeavor to keep that wait as short as possible and we do ask that you are able to attend all sessions as this is vital for the programs to have the best possible effect. You will be required to telephone or email your group/mentor for the support services; (all calls are charged at standard landline rates in the United Kingdom). We may ask you to give us some feedback on the service you received.

Please tick the support service that interests you

Membership (£25)		Email Recovery Program (£25)	
Youth Membership (£5)		Fast-Track Mentoring (£45)	
Telephone Recovery Group (£20)		Non-Member Mentoring (£45)	
One - One Mentoring Sessions (£25)		Youth Mentoring (£10)	





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NO PANIC PRODUCT ORDER FORM

We don't charge extra for postage but donations are gratefully received! Cheques/postal orders should be made payable to No Panic. Alternatively order online or by telephone with a credit/debit card payment. Phone No Panic head office, Monday to Friday, 9am to 5pm: 01952 680460 or visit www.nopic.org.uk

Code	Description	Format Book/dvd/etc	Unit Price	Quantity	Total Price
	Optional donation			£	
	TOTAL PRICE			£	

Delivery details (if different from above)
Name:
Address:
Postcode:
Telephone Number:
Email address: