



Helping you break the chains of anxiety disorders

# No Panic

National Organisation for Phobias, Anxiety Neuroses, Information and Care

Jubilee House  
74 High Street  
Telford  
Shropshire  
TF7 5AH

Phone: 01952 680 460  
Helpline: **0844 967 4848**  
5ppm Service Charge

admin@nopanic.org.uk  
www.nopanic.org.uk

Dear Friend,

Thank you for contacting No Panic. We are 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 Tranquilizers. No Panic specializes in self-help through telephone recovery groups as most people either don't have a local face-to-face group or travelling to such groups is a problem.

No Panic can provide the following:

- A confidential helpline that is staffed by trained volunteers on **0844 967 4848** and is available from 10am to 10pm everyday. This number also doubles as a night time anxiety line, which is an answer phone service only. There is a 5p per minute service charge for the helpline which will be added to your access charge.
- Telephone recovery groups.
- For members who wish to make pen pals, No Panic provides a "Contact Book" service.
- Books, Literature, CD's and DVD's can be provided to help with anxiety disorders.
- Provides simple, easy to follow step-by-step written recovery programmes and guides for phobias and Obsessive Compulsive Disorder.
- Advice and support for people trying to come off of tranquilizers is available.
- Information to raise public and professional awareness of the issues created by anxiety disorders.
- Lay-person self help cognitive behaviour therapy as a basis for recovery.
- Information and support is available for the families and carers of sufferers.
- Information on starting and running local face-to-face groups.
- A confidential Youth Helpline staffed by trained volunteers on **01753 840393** and is available from 4pm to 6pm Monday to Friday.
- A Dedicated Youth Service with youth membership services & youth mentoring services for those aged 20 years old & under. Dates of Birth are checked when applying for these services.

Membership to No Panic costs **£15.00 per year** and provides its membership a regular bi-monthly newsletter, access to our highly recommended telephone recovery groups, a recommended reading list, information on local groups if they are available and a contact booklet for those who have opted to be included in it.

We hope you will join No Panic; it may be the first step on the road to recovery for you or someone you care for. You can become a member or order any of our products online, by telephone using a credit/debit card or completing the forms and returning them with a cheque/postal order. No Panic always tries to meet the needs of people who have visual impairments; we provide our literature and newsletters in CD form or large print format. If this applies to you, please phone us at our Head Office on **01952 680460** and we will endeavour to help you.

Yours sincerely,

*Mark*

Mark Rees  
Membership Secretary



**"Don't suffer alone, pick up the phone"**

**Founded by Colin M. Hammond MBE**

Registered Charity Number 1018184





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No Panic Membership Application Form

Membership fee is **£15.00** per year

For office use only


MR/MRS/Ect:

Forename/Given name:

Surname:

Date of Birth: --

Address:

Postcode:

Telephone Number:

Email Address:

Date:

Professional

Carer

Anxiety

Agoraphobia

Other Phobias

Panic

O.C.D. Counting

O.C.D. Hoarding

O.C.D. Checking

O.C.D. Contamination

O.C.D. Symmetry

O.C.D. Thoughts

Please tell us briefly about how your problem(s) affects you.


Optional Contact Booklet (For members only)

Please only complete this section if you wish to be included in our Contact Booklet. Complete only the sections that you wish to appear in the Booklet. This booklet is designed to help make contact with people in similar situations.

**Please complete in BLOCK CAPITALS.**

Initial: \_\_\_\_\_ Surname: \_\_\_\_\_ Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email Address: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Year of Birth: \_\_\_\_\_ Year Illness Started: \_\_\_\_\_ Date: \_\_\_\_\_

Please tick the box if you would like your type of illness to appear in your entry.



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## Publicity

No Panic sometimes asks if members would speak to the press about their experiences of their illness or No Panic. Most of these interviews would be conducted by phone from the comfort and security of your own home. No Panic would always contact you about the opportunity before any details were given out to the press. We will always protect your privacy in these matters and would welcome feedback on such experiences. Any person asked to participate in any press activity is free to decline for whatever reason they wish. We will respect your privacy and you may remain anonymous

Please Tick in the boxes beside the methods you are willing to partake in.

Talking to Newspapers or Magazines	<input type="checkbox"/>	Having your Photo in newspapers or magazines	<input type="checkbox"/>	Talking on the radio	<input type="checkbox"/>
Talking to Television Reporters	<input type="checkbox"/>	Appearing on recorded television	<input type="checkbox"/>	Appearing on live television	<input type="checkbox"/>

Are you willing to provide a testimonial for our website? If yes please tick here

Where did you hear about No Panic?

Newspaper	<input type="checkbox"/>	Magazine	<input type="checkbox"/>	Television	<input type="checkbox"/>
Internet	<input type="checkbox"/>	Word of Mouth	<input type="checkbox"/>	Medical Services buildings	<input type="checkbox"/>
Medical Professional	<input type="checkbox"/>	Social Services Professional	<input type="checkbox"/>	Other:	<input type="checkbox"/>

## Telephone Support Services Application

### No Panic Support Services

For details of the support services we provide please look on pages 5 & 6.

There is a waiting list for our services; we endeavour to keep that wait as low as possible.

You can have 2 sets of support from below per calendar year.

There is a Charge of £10.00 for one of each support service. You will need to phone in to your group or phone your mentor for the support services; these are charged at standard landline rates in the United Kingdom.

You will need to be prepared to attend all sessions. You will need to be prepared to engage fully with the support service.

We may ask you to give us some feedback on the service you received. We do appreciate receiving any feedback.

### Option 1

Option 1 is a Telephone Recovery Group.

If you wish to take Option 1 please tick here:

### Option 2

Option 2 is for a set of one to one Mentoring.

You will be interview by one of the Mentoring team before your mentor is allocated.

If you wish to take Option 2 please tick here:

Do you have any Special Requirements? Certain days? Certain times? \_\_\_\_\_

*“These courses are designed to help people who suffer with Phobias, Panic Attacks, O.C.D. and General Anxiety disorders, make steps, along the road to recovery. We believe that our Telephone Recovery Groups are, in our opinion, the best way for sufferers to recover as they will bond with other group members, share hints and tips for recovery and break down the isolation which many anxiety disorder sufferers experience. People who care for sufferers may also like to participate in the course in order to help their ‘sufferer, get better by getting a better knowledge of the recovery methods. The courses use cognitive/behaviour therapy as the basis for recovery. Whilst no therapy guarantees success this method has, at the present time, the highest success rate. You will be expected to face up to your fear on a step by step basis, but we do not plan to throw you into your worst scenario and let you sink or swim. The progress you make will depend on the amount of effort you are prepared to put in, **NO PAIN NO GAIN.**”*

Please complete in BLOCK CAPITALS and return to:

No Panic, Jubilee House, 74 High Street, Madeley, Telford, Shropshire, United Kingdom, TF7 5AH



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## Telephone Support Services

No Panic offers a choice of two telephone-based services for its members, they are:

1. Telephone recovery groups.
2. Mentoring.

### **Telephone Recovery Group (For Members)**

#### **Option 1)**

**Who?** The course is to help all anxiety disorder sufferers overcome their fears.

**What?** It is a basic 14 week, one hour per week telephone course.

**When?** At cheap rate telephone times, usually in the evenings.

**Why?** Because you want to get better and because you don't have or can't get to a local group.

**Cost?** £10.00 and the cost of a one hour telephone call per week from your home to a 'Network' teleconference facility. Each course will run for a 14 week period, however, this can be extended to meet the needs of the course members.

The course is designed to help people who suffer with Phobias, Panic Attacks, Obsessive Compulsive Disorders and General Anxiety disorders to make steps along the road to recovery. People who care for sufferers may also like to participate in the course in order to help their 'sufferers' recover by acquiring a better knowledge of the recovery methods. The courses use layperson cognitive/behaviour therapy and anxiety management as the basis for recovery. Whilst no therapy guarantees success, this method has at the present time the highest success rate.

You will be expected to face up to your fear on a step-by-step basis but, we do not plan to throw you into your worst scenario and let you sink or swim. The progress you make will depend on the amount of effort you are prepared to put in, **NO PAIN, NO GAIN**. You will also be expected to read one section of the manual for each week prior to each weekly teleconference. Don't leave it until the last minute prior to each session, you will not benefit as much if you do.

The course takes place on the telephone using a teleconference facility. This system enables a group of people to talk to each other as if they are all sitting around a table. Each group has a trained group leader who will guide the group through the course.

The first week will normally be an introduction session to allow group members to get used to teleconferencing, get to know other members of the group, ask any questions and to fully understand what is expected of them.

During the course, group members will be offered the chance to continue as a self-facilitating befriending group for as long as the group wishes and the group leader will explain how this works.

Prior to the commencement of any group work, members will be sent the programme so that they will know in advance what they will be expected to carry out whilst undertaking group work.

### **One-To-One Telephone Mentor Scheme (For Members)**

**Who?** The course is to help all anxiety disorder sufferers overcome their illness.

**What?** It is a basic 6 week, one hour per week telephone course.

**When?** Normally at cheap rate telephone times, but we do try to accommodate individual time requirements.

**Why?** Because you want to get better and because you don't have or can't get to the appropriate local services.

**Cost?** £10.00 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.



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The course is designed to help people who suffer with Phobias, Panic Attacks, Obsessive Compulsive Disorders and General Anxiety disorders to make steps along the road to recovery. People who care for sufferers may also like to participate in the course in order to help their 'sufferers' recover by acquiring a better knowledge of the recovery methods. The courses use layperson cognitive/behaviour and anxiety management therapy as the basis for recovery. Whilst no therapy guarantees success, this method has at the present time the highest success rate.

You will be expected to face up to your fear on a step-by-step basis but, we do not plan to throw you into your worst scenario and let you sink or swim. The progress you make will depend on the amount of effort you are prepared to put in, **NO PAIN, NO GAIN**. If you do not feel ready or able to give it a go, please do not waste your time and ours by taking the course as there are others waiting who feel ready and able.

The course will take place by telephone and is undertaken by trained No Panic volunteers who will try to help you set targets and achieve goals to help you along the path of recovery.

**Option 2)** Consists a session of Mentoring lasting one hour a week for 6 weeks.

There will be a break of 6 to 8 weeks between each support service to allow the participants' time to absorb and put into practice what they have learned from the sessions.

Please remember that the Mentor or group leader is not available to give individual support outside of the normal mentoring/group sessions and that any additional such support, should it be required, be taken to the national helpline on **0844 967 4848**.

If you would like more information about this scheme, please contact the No Panic head office on **01952 680460**.

**Anyone about to undertake exposure therapy that may have other health problems is advised to contact their GP in order to ensure that the anxiety experienced during exposure therapy is not detrimental to their health.**



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## Product Range Available From No Panic

<b>Reading Material</b>					
Title	Author	Description:	Code	Price	Members Prices
<b>Written Recovery Programme (For Phobias)</b>	Margaret Hawkins	A valuable aid to overcoming a phobia, which includes information and steps towards recovery in an easy to follow 12-week guide.	<b>B1</b>	£11.00	£10.00
<b>Written Recovery Programme (For O.C.D.)</b>	Margaret Hawkins	A valuable aid to overcoming O.C.D., which includes information and steps towards recovery in an easy to follow programme.	<b>B2</b>	£11.00	£10.00
<b>Coping with Phobias and Panic</b>	Prof. Kevin Gournay	A practical guide to managing panic and phobia including self help.	<b>B3</b>	£7.99	6.99
<b>O.C.D., The Facts</b>	Padmal De Silva & Stanley Rachman	Understanding & overcoming O.C.D.	<b>B4</b>	£12.00	£11.00
<b>PANIC or NO PANIC</b>	Margaret Hawkins	A book that explains how to combat anxiety disorders and cope with distressing symptoms in easy to understand language.	<b>B5</b>	£6.00	£5.00
<b>O.C.D. A Ray of Hope</b>	Margaret Hawkins	A little book that explains how to combat Obsessive Compulsive Disorder and distressing symptoms in easy to understand language.	<b>B6</b>	£3.00	£2.00
<b>Coping with O.C.D.</b>	Prof. Kevin Gournay, et al	This book offers advice and a thorough self-help programme to sufferers of O.C.D.	<b>B7</b>	£7.50	£6.50
<b>Anxiety Disorders in Focus</b>	Margaret Hawkins	A short book that gives insight into Panic, Anxiety in general, Phobias, Obsessive Compulsive Disorder and basic steps for recovery. It also includes practical facts for carers and information regarding children's anxiety disorders.	<b>B8</b>	£4.00	£3.00
<b>Overcoming Panic and Related Anxiety Disorders</b>	Margaret Hawkins	Explains how to identify and control the unpleasant symptoms caused by high anxiety, includes personal experiences and successes.	<b>B9</b>	£7.00	£6.50
<b>Overcoming Panic and Agoraphobia</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B10</b>	£10.99	£10.00
<b>Overcoming Anxiety</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B11</b>	£10.99	£10.00
<b>Overcoming Health Anxiety</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B12</b>	£10.99	£10.00
<b>Overcoming Feelings of Depersonalization &amp;</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B13</b>	£10.99	£10.00



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<b>Feelings of Unreality</b>					
<b>Overcoming Social Anxiety and Shyness</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B14</b>	£10.99	£10.00
<b>Overcoming Body Image Problems including Body Dysmorphic Disorder</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B15</b>	£10.99	£10.00
<b>Taking control of O.C.D</b>	Various Authors	Edited by David Veale & Rob Wilson	<b>B16</b>	£9.99	£9.00
<b>Overcoming Obsessive Compulsive Disorder</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B17</b>	£10.99	£10.00
<b>The Complete CBT Guide for Anxiety</b>	Various Authors	Part of the Professor Peter Cooper's Overcoming Series	<b>B18</b>	£14.99	£13.99

### Audio Material

Title	Description	Code	Price	Members Prices
<b>Muscle Relaxation (CD)</b>	Help for sufferers of anxiety to calm their body and bring down their 'anxiety' or 'tension' levels. To achieve this goal, it has to be used regularly, practicing each day. If you feel agitated and unable, initially, to do these exercises then just listen without trying to do anything. Just playing and listening will still produce a calming effect until you feel ready to undertake the actual exercises.	<b>ACD1</b>	£11.00	£10.00
<b>Weather Sound Effects (CD)</b>	For people who are afraid of Storms, Gales, Thunder and Lightning. Comprises of sound effects, from a mild breeze to a raging storm, which when listened to, over a period of time, helps to desensitise the sufferer and enable them to cope with the issue.	<b>ACD2</b>	£11.00	£10.00
<b>"New Horizons" Agoraphobia recovery (CD)</b>	Calms the nervous system in situations where there is no real need to run or fight, mental imagery will help to extend your horizons. Having decided on your goal you will break this down into steps and during deep relaxation you will imagine your first step. The technique used detaches you from the emotion of your fear so that you can safely and calmly face the situations that frighten you.	<b>ACD3</b>	£11.00	£10.00
<b>"New Horizons" Carers support (CD)</b>	Carers feel lonely or isolated at times and this will help you. There are exercises to reduce stress, advice on ways of coping with thought/anxieties caused by your role as a carer helping you put your problem into perspective. Both carer and sufferer will benefit from using this either alone or together.	<b>ACD4</b>	£11.00	£10.00
<b>"New Horizons" Obsessive/Compulsive Disorder (CD)</b>	Explains how to be relaxed in both mind and body and in doing so will allow the subconscious block to be removed. Letting your mind find and use the solutions which are present but held back by your fears and also encourages you to go through a desensitising regime where you expose yourself gradually to your rituals thereby reducing them and ultimately, eradicating them.	<b>ACD5</b>	£11.00	£10.00
<b>"New Horizons" Panic Attacks / Anxiety (CD)</b>	Shows how to achieve the state of relaxation needed to address the problems caused by the symptoms of Panic/Anxiety. Also provides the technique and gives ideas that help to change and control the symptoms of Panic/Anxiety which react unnecessarily in situations that don't warrant them and which you don't want or need.	<b>ACD6</b>	£11.00	£7.00



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Visual Material				
Title	Description	Code	Price	Members Prices
<b>"I Think they think" - Social Phobia (DVD)</b>	"I think they think" is the title of this DVD for people who have social phobia/shyness, their families, friends and for health professionals. It is made in Australia and gives a real insight into social phobia and how it can be overcome. In this programme, three people who are sufferers are shown talking about their experiences together with experts who explain the recovery technique based on cognitive behaviour therapy. This DVD is so informative that it will appear to anyone with an anxiety problem, whatever it may be.	<b>DVD1</b>	£15.00	£12.50
<b>Obsessive Compulsive Disorder (DVD)</b>	This DVD, which comes from America, shows Obsessive Compulsive Disorder patients undergoing treatment for their O.C.D. The therapist explains that the necessity of confronting the fear so the sufferer can reclaim their lives. How a stimulus creates a response which in turn has consequences. You can learn that by exposure to what frightens you (the trigger) and prevention to the response (ritual) what you are left with is anxiety. In the absence of a realistic threat, your anxiety level will automatically begin to drop. Using your imagination and entering your problem situation, prior to practising in reality, is recommended, this way you will experience your symptoms and learn to cope with them.	<b>DVD2</b>	£9.00	£8.00
<b>Vomit (DVD)</b>	Used regularly, this DVD could be a valuable desensitisation too for people who fear themselves/others vomiting. Unlike some material of this kind, which is too simulated to be much benefit, it shows the act of retching and its consequences in full. It is not pleasant to watch, obviously, but if viewed gradually and systematically, a significant reduction in fear should be possible.	<b>DVD3</b>	£6.00	£4.00
<b>"Fight or Flight" - Agoraphobia and Panic (DVD)</b>	"Fight or flight" is the title of this Australian DVD which takes us through the techniques used to overcome agoraphobia/panic. It shows the sufferers going through their recovery routines interspersed with explanations from Professor Ron Rapee and Dr. Linda Lampe.	<b>DVD4</b>	£15.00	£12.50

Youth Services			
Title	Description	Code	Prices
<b>Youth Membership</b>	This is our membership service for those aged 20 years old & under.	YME	£0.00
<b>Youth One to One Mentoring</b>	This is our one to one mentoring services for those aged 20 years & under.	YTSS	£5.00



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## No Panic Order Form

**Please complete in BLOCK CAPITALS and return to:**  
 No Panic, Jubilee House, 74 High Street, Madeley, Telford, Shropshire, United Kingdom, TF7 5AH

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

**Joining No Panic at the same time as ordering materials or already a member? Use our member's only prices!**

Code	Description	Format (Book/CD/ect)	Unit Price (£)	Quantity	Total Price (£)
ACD1	<i>Muscle relaxation</i>	CD	7.00	2	14.00
<b>Example Above</b>					
MEM	Membership ( <i>If applicable, see Membership Application Form</i> )	N/A			

*Should you wish to order more items than there are spaces, please feel free to photocopy this page.*

*Postage stamps to help cover costs would be gratefully received.*

<b>Sub total (£)</b>	
P&P	<i>(Included)</i>
Donation (Optional)	
<b>Total Price (£)</b>	

<b>Name:</b>	
<b>Address:</b>	
<b>Postcode:</b>	
<b>Telephone:</b>	



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