



No Panic

National Organisation for Phobias, Anxiety Neuroses, Information and Care
Helping you break the chains of anxiety disorder

Are you between 13 & 20 years old and suffer with:

- ⇒ Anxiety Disorders
- ⇒ Panic Attacks
- ⇒ Phobias
- ⇒ OCD
- ⇒ Exam Stress
- ⇒ Family Anxiety?



For help & Support, call No Panic
between 3pm & 6pm Monday to Friday.

Youth Helpline

0330 606 1174

For help outside these times please call

01753 840393

(Calls charged at local rate)

Don't suffer alone, pick up the phone!

@ info@nopanic.org.uk

www.nopanic.org.uk

@charitynopanic

No Panic

For More information about our services and how we can help please contact
our head office on 01952 680460.