



National Organisation for Phobias, Anxiety Neuroses, Information and Care

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Helping you break the
chains of anxiety disorders

Hello and thank you for contacting No Panic. We are a charity dedicated to the support of those whose lives are affected by anxiety disorder. We hope to be able to assist you on your road to recovery.

We have many different telephone and online support services available and hope you take full advantage of everything we have to offer. As a charity we do charge a small Membership fee to cover our costs of £35 per year.

Members can enjoy:

- ✓ Access to our CBT Focused Mentoring (£25) and Group Support (£20) Services
- ✓ Access to our Befriending Group Service
- ✓ Access to our coffee afternoons
- ✓ Access to our Member's Only Facebook Group
- ✓ Access to our Email Recovery Program (£25)
- ✓ Access to our Single Session Mentoring (£8)
- ✓ Access to our Fast-Track CBT Focused Mentoring (£45)
- ✓ A Year's Subscription to No Panic's monthly support emails
- ✓ 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
- ✓ Access to our Monday evening support chat group:

What is Anxiety Support Chat? Anxiety support chat is a weekly online text chat service, where members of No Panic can discuss their anxiety, receive support from other members who have anxiety, and share tips which may help others manage their anxiety better.

What does it involve? Anxiety Support Chat can be accessed on any modern Windows, Apple or Chromebook computer, tablet or mobile phone which has an internet connection. Once you are in your group, you can send and read messages. Members who apply to join Anxiety Support Chat will be provided with instructions on how to join and how to participate. When is Anxiety Support Chat open? Monday evenings. How much does it cost? Anxiety Support Chat is free for members, so while you are a member of No Panic, you have already paid for Anxiety Support Chat.

How do I apply to join Anxiety Support Chat? Simply contact the office or email info@nopic.org.uk

Youth Membership Scheme

For those aged 21 and under, the No Panic membership fee is just £10 and members have access to the Youth Membership Scheme. For further information on Youth Membership please email youth@nopanic.org.uk.

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
- Crisis Breathing Message: 01952 680835
- Direct messaging via our website: <https://nopanic.org.uk/>

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@nopanic.org.uk

Yours sincerely

Nicki

Nicki Brown

No Panic

Membership Secretary

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.

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.

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 • Crisis Breathing Message/ Breathing Animation • Website and Social Media • Telephone Recovery Groups • Tailored E-mail Recovery Programme • One-to-One Telephone Mentoring Schemes

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.nopanic.org.uk>

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”.

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.

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.

No Panic's 5 Step Approach

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: 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.

Step3: 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: 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: No Panic believes that the best people to help anxiety suffers recover are those that have lived through the same experience. 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.

No Panic's CBT Focused Mentoring Services

Telephone Group Support

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.

Telephone CBT Focused Mentoring

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 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 plus Membership of No Panic.

Single Session Mentoring

What does it involve? If you have an event approaching and you feel anxious about it or you feel you need a single session of mentoring to help you along in your recovery why not sign up for a single session with one of our experienced mentors? Sessions are 1 hour long and most times and dates can be accommodated.

What is the cost? £8.00, Membership of No Panic and the cost of a one hour telephone call from your home to your mentor.

Youth Mentoring Scheme

What does it involve? It is a scheme carried out over a 6 week period for those aged 21 and under, either by a one hour telephone call or by email.

What is the cost? £10, Youth Membership of No Panic and the cost of a one hour telephone call from your home to your mentor if choosing the telephone option.

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

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

Mr/Mrs		Forename		Surname	
Date of Birth		Telephone number		Email Address	
		Address			
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 that interests you.

Membership (£35)	Email Recovery Program (£25)
Youth Membership (£10)	Fast-Track Mentoring (£45)
Telephone Group Support (£20)	Single Session Mentoring (£8)
CBT Focused Mentoring (£25)	Youth Mentoring Scheme (£10)

The No Panic Wellness Toolkit

⌘ **Get outside.** Whether it's a walk or just a step out into the garden, you will benefit from the fresh air and a change of scenery. Fresh air has been proven to help improve blood pressure and heart rate as well as strengthen the immune system.

⌘ **Exercise.** Exercise releases endorphins which are hormones that make us naturally feel good. It also increases our body temperature which can have a calming effect as well as burning off excess energy that can lead to anxiety.

⌘ **Take up a new hobby.** Doing things you love keeps you motivated and enthusiastic, so why not take up something you've always wanted to do. Learn a new language or how to play an instrument. Take up cookery or art. The list is endless and the internet is a huge resource of ideas and lessons. ⌘ **Rest.** It is common knowledge that our bodies and minds do not function as well when we are tired. So keeping a good bedtime routine is essential. To complement this you could set aside a period during the day to meditate or relax. This could include breathing exercises, meditation and yoga and muscle relaxation.

⌘ **Fill your body with the right fuels.** Food is energy, therefore important in the upkeep of our body and the way it functions. You wouldn't expect your car to run properly without it having the proper fuel, it is the same for your body. A healthy outside starts from the inside.

⌘ **Laugh and laugh again.** Laughter has often been quoted as being the best medicine and with very good reason. Nothing works quicker to bring your mind and body back into balance than a good laugh! Laughter relieves physical tension and stress lifting your mood in minutes, so put on a funny film or listen to a comical podcast.

⌘ **Connect.** Meet up with friends and family, even if it is virtually. A good old catch up can't be beaten. Now is perhaps the perfect time to also join new groups and meet new people.

⌘ **Dance and sing.** Let your hair down and move to the beat. Dancing and singing along to uplifting music lifts your mood while burning off, not only calories but also the stress hormone, cortisol. ⌘ **Declutter.** Life can be stressful enough without having to contend with having your home in turmoil too. Keeping our home tidy and clean is good for your health but also good for your mind. So clean out those junk drawers and messy cupboards. You can even sort out the toy cupboard and your wardrobes and donate unwanted items to charity.

⌘ Look after Number 1. Self-care is vital for your overall well-being and improves your life in many ways. Self-care is looking after your mental, emotional, and physical health and will mean different things to different people. Perhaps a bubble bath and home spa will be the thing for you or maybe curling up with a good book or box-set is your choice. Whatever it is you prefer, do it and don't feel guilty at all. "It's not selfish to love yourself, take care of yourself & to make your happiness a priority, it's essential for your physical & mental well-being"