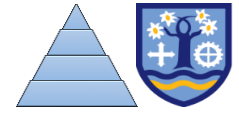






ANXIETY



SUPPORT SOURCE	DESCRIPTION
<p> https://www.anxietyuk.org.uk/ Text: 07537 416905 Info line: 03444 775774</p> <p>Home - NoPanic No Panic's Youth Hub - NoPanic Youth Helpline: 0330 606 1174 (13 – 20 year olds) Practical Help for Carers - NoPanic Helpline: 0300 772 9844 Helplines open daily 10am – 10pm, 365 days of the year.</p> <p> Anxiety - stem4</p> <p></p> <p></p>	<p>Anxiety UK - support for anxiety and anxiety based depression.</p> <p>No Panic – provide a youth helpline and services to sufferers and carers of people with Anxiety, Panic, Phobias and Obsessive Compulsive Disorders (OCD).</p> <p>Stem4 provide information about anxiety in teenagers for teens, parents as well as friends of those struggling. They have developed an app – Clear Fear which uses CBT principles to help manage symptoms of anxiety.</p>