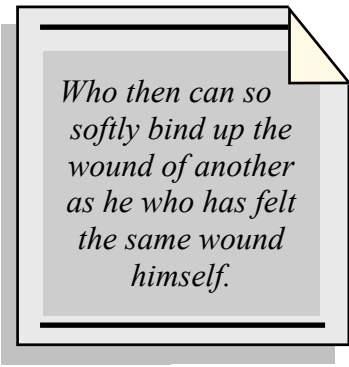


RELEASE: FROM PANIC ATTACKS, PHOBIAS & ANXIETY

About the Group...

Release is a self-help group for people who experience **Panic Attacks, Phobias and Anxiety Disorder**.



Who then can so softly bind up the wound of another as he who has felt the same wound himself.

People who suffer in this way often find that their lifestyle changes significantly. These disorders can be scary, debilitating and often lead to feelings of isolation.

Release has been formed so that people can come together and so provide relief to how they feel.

Meetings are not the same as therapy, but many people find that they gain much from the support and understanding offered in these meetings.

If you are interested in coming to one of the meetings, or you would like further details then please call: **Paul** on **01483 757461**

The Group aims to provide...

- ✓ Support to those experiencing Panic Attacks, Phobias and Anxiety Disorder.
- ✓ An opportunity to share personal experiences and coping strategies with others.
- ✓ Information and education on Panic Attacks, Phobias and Anxiety Disorders to the group and to the general public
- ✓ A chance to share information, experiences and perceptions with fellow sufferers.

Release is an independent group, but encourages its members to also use *No More Panic*, a web-based support group which gives comprehensive information and support, as well as an on-line forum:

www.nomorepanic.co.uk



Even if you do not have a computer at home, the No More Panic website can be accessed from CornerHouse or at your local library.

What we do...

The group meets every 4th Wednesday of the month from 7.30-9:00pm at CornerHouse, 2 Courtenay Road, Woking.

The group is free, confidential and open to anyone coping with Panic Attacks, Phobias and Anxiety Disorders.

Tea and coffee are available, as are 'comfy' chairs in a friendly and informal setting.

Respect is shown to members who are unwilling or unable to talk, and nobody is forced to 'join in'.

It can be difficult to go to a group if you are feeling anxious or low, but anyone is welcome to bring a friend or relative with them.

The group also arranges evenings with guest speakers talking on various mental health and related general health topics.

Occasional social evenings, outings and guest speakers can also be arranged.

...Join us !!!!!