

First Steps to Freedom - the Anxiety Actionline

Group/Organisation Address:	First Steps to Freedom - the Anxiety Actionline, PO Box 476,, Newquay,, Cornwall
Email:	
Website:	www.savs-southend.org/community-directory/14763/first-steps-to-freedom-the-anxiety-actionline
Postcode:	TR7 1NQ
Telephone Number:	0845 841 0619Helpline - 0845 120 2916
Access Times:	
Extra Information:	First Steps to Freedom is a U.K. registered charity which aims to help, in a practical way, those who suffer from phobias, obsessive compulsive disorder (excessive washing, checking, unwanted thoughts etc.), general anxiety, panic attacks and those who wish to come off tranquillisers, together with help for their carers.
Type of Services:	Mental Health
Type of Condition or Health Subject:	Anxiety & Panic Attacks
Date Created:	18/08/2017
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