

First Steps to Freedom - the Anxiety Actionline

Group/Organisation Address: First Steps to Freedom - the Anxiety Actionline,
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Email:

Website: www.savs-southend.org/community-directory/14763/first-steps-to-freedom-the-anxiety-actionline

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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

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