

Useful Helplines:

Breathing Space

Phone: 0800 83 85 87

(6pm – 2am weekdays and 24 hours at the weekend)

Samaritans

116 123 (free 24-hour helpline)

Shout

Text: SHOUT to 85258

(24/7 support via text)

Anxiety UK

Phone: 03444 775 774

(Monday—Friday, 9.30am to 10pm; Weekend, 10am to 8pm)

No Panic

Helpline: 0800 138 8889

(Open daily 10am – 10pm)

Groups will take place at:

Ability Centre
Carmondean Centre
Livingston
EH54 8PT

Thursday 12—1.30pm



For more information contact:

Mental Health Advocacy Project
Strathbrock Partnership Centre
189a West Main Street
BROXBURN
West Lothian
EH52 5LH

Tel: 01506 857230
E-mail: admin@mhap.org.uk

Step Out Group

Are you fearful of entering certain types of places?

Are you anxious in social situations?

Do you feel apprehensive for no apparent reason?

DON'T PANIC!

Help is Available

*A Self Help
Group in West
Lothian*



Who Suffers?

More than 1 in 10 of the population.

Men, women or children will suffer from the disabling conditions associated with Anxiety/Phobias/Panics at some point in their lifetime

How the group started:

The group is ran by a voluntary worker who gives up her time to facilitate the groups. She has been taking groups on and off for almost 22 years.

“Over 35 years ago, I suffered with agoraphobia and I found there was no real support for me. I was lucky enough to be helped by my family and friends however this experience made me interested in helping others.

I love it, I am so passionate about it and hope that I can pass on some of the knowledge and techniques I have learned to better manage my anxiety”

What can the group offer?

- Support from peers who have lived experience
- Advice around how to manage feelings of anxiety/ panic
- Social interaction with others
- Confidence building
- A safe space to discuss how you are feeling
- A relaxed and informal environment

What do you do in the group?

- Therapeutic activities including breathing techniques and relaxation
- Group talking therapy exploring how you feel and how to change your thinking
- Variety each week



Support Group

People sometimes find it difficult to express how they feel.

Together we can support each other to express emotions like: anger, pain, fear, joy, jealousy and sadness.

Feedback from the current group members:

“Before I couldn't leave the house, now I am able to go on holiday”

“It's great to be in a group with people who understand what it's like”

“I can't believe I never knew about this group before. I'd be lost without it”