

Make that step...
you owe it to
yourself.

For more information contact:

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



MHAP Office hours

Mon—Thur: 9am—5pm

Fri: 9am—3pm

Tel: 01506 857230

(24 hour answer phone)

E-mail: admin@mhap.org.uk



The Step Out Group

will take place at:

Whitburn Community Centre
33 Manse Road
Whitburn EH47 8EZ

Wednesday 12pm—1.30pm

&

The Ability Centre
Carmondean
Livingston
EH54 6PQ

Thursday 12pm—1.30pm



Are you fearful of
entering certain types
of places?

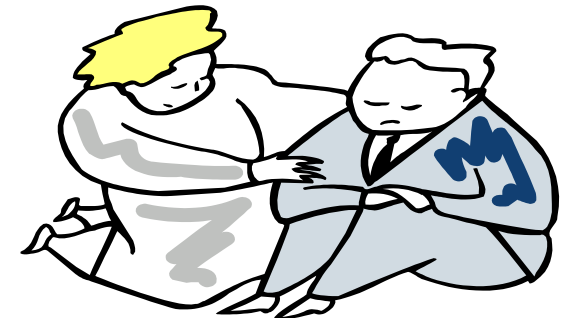
Are you anxious in
social situations?

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



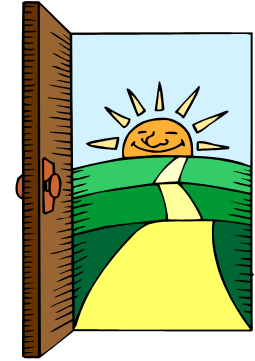
Some symptoms of a Panic Attack!

- Shortness of breath
- Rapid heartbeat
- Trembling or shaking
- Sweating
- Feeling sick
- Dizziness
- Fear of dying
- Fear of going crazy or out of control

Recovery

1. Facing
2. Accepting
3. Floating
4. Letting time pass

Not a serious mental illness !



Despite these very distressing symptoms which can completely disable the sufferer's life, this is not a serious mental illness. It is better thought of as a problem relating to our behaviour and/or the way we think.

The Step Out Support Group

Together we can support each other to express emotions like: anger, pain, fear, joy, jealousy and sadness. People are not bad if they say how they feel.