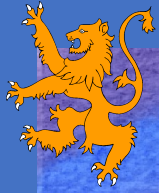


Self-Help Guides: Anxiety

[Click here](#) for a self-help guide for Anxiety that uses cognitive behavioural therapy

[Click here](#) for a self-help guide for an NHS self help guide for Anxiety





Self-Help Guides: Anxiety

YOUNGMINDS
fighting for young people's mental health

[Click here](#) for advice on anxiety on the Young Minds website

 mind

[Click here](#) for advice on anxiety and Panic Attacks on the Mind Website