

[Back to listing](#)



**Themes:** Advocacy, Children's Mental Health, Mental Health

**Aimed at:** All People

No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

No Panic also provides support for the carers of people who suffer from anxiety disorders.

Unfortunately, health services in the UK are overstretched and have long waiting times, which despite the fact that over 75% of anxiety disorder sufferers do not even seek professional help of any kind!

No Panic believes each and every one of us will have a dip in our mental health at different times throughout our lives. Mental ill-health knows no class, gender, age or economic boundaries and can affect any one of us at any time. COVID-19 is further exacerbating this already alarming crisis.

No Panic provides crucial support that fills the gaps left by statutory services. Quite often people who contact No Panic have been waiting a long time for therapy or have been refused help as they do not fit the mandatory service criteria. No Panic offers support that can prevent certain situations from reaching a crisis point. We have the insight to know that no one treatment will work for an individual. Enabling choice is paramount in helping people to discover their own potential which educates them on how to personally manage their mental health.

Our guiding philosophy is that people can and do recover from mental health issues (however severe they may be), and go on to live lives of their own choosing if they are provided with tailored made needs. Our recovery programs use layperson Cognitive Behaviour Therapy and anxiety management as their base. Whilst no therapy guarantees success, this method has at the present time, the highest success rate.

All of our services are provided over the telephone or internet which provide enormous flexibility, comfort and confidentiality to those we support.

According to the UK Mental Health Foundation:

One in 4 people in the UK will experience a mental health problem in any given year.

In the UK, 70 million days are lost from work each year due to mental ill health (i.e. anxiety, depression and stress related conditions) making it the leading cause of sickness absence.

10% of children and young people (aged 5-16) have a clinically diagnosable mental health problem yet 70% of children and adolescents who experience mental health problems do not receive intervention at a sufficiently early age. "Don't suffer alone, pick up the phone and let us help you break the chains of anxiety"

The No Panic Helpline operates between 10am and 10pm every day of the year. It is staffed by trained volunteers.

During the night hours the crisis message is played. The crisis message is a recorded breathing exercise that can help you through a panic attack and help you learn diaphragmatic breathing. You can also access the crisis message 24hrs a day by calling 01952 680835

The helpline is busiest during the first hour of each shift and the last hour of the last shift of night.

03 numbers and their costs

Ofcom introduced UK-wide 03 numbers as an alternative to chargeable 08 numbers,. These numbers allow organisations to have a single national point of contact without consumers having to pay extra to call them.

## Revenue sharing

Calls to 03 numbers cost no more than a national rate call to an 01 or 02 number and must count towards any inclusive minutes in the same way as 01 and 02 calls.

These rules apply to calls from any type of line including mobile, BT, other fixed line or payphone.

Call costs are the same for all 03 numbers.

**Area:** Bassetlaw, Bolsover

## Contact Details

No Panic

51a Market Street

TF2 6EL

[info@nopanic.org.uk](mailto:info@nopanic.org.uk)

0300 772 9844-Helpline

<https://nopanic.org.uk/>

[Back to Listing](#)