

Anxiety Management

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Long Covid: Psychological Effects

Psychological symptoms can result from a combination of the effects of the immune disturbance caused by the virus, the brain toxicity of the virus and psychological trauma associated with the virus

Dealing with the physical symptoms of Long Covid, particularly fatigue and breathlessness, and the associated inability to resume normal roles and routines can be very stressful, isolating and traumatic. When we don't recover within an expected time frame, this can lead to frustration, confusion and fear which can then lead to anxiety and depression.

Statistics

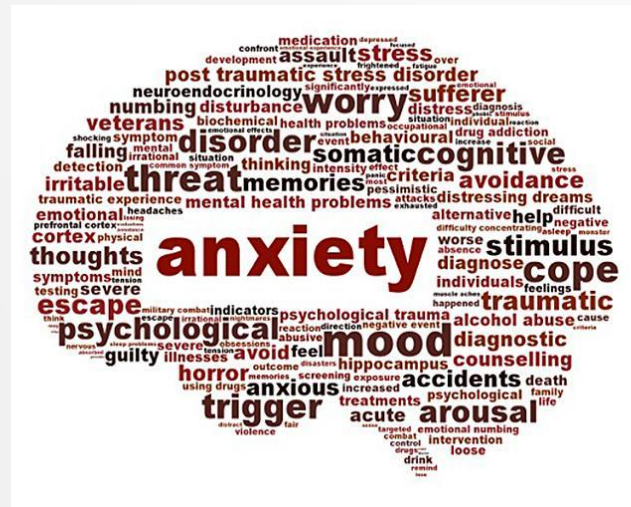
- **57% said that Long Covid had negatively affected their wellbeing (ONS, 2021)**
- **25% were likely to have some form of anxiety (ONS, 2021)**
- **30% reported experiencing moderate to severe depressive symptoms (ONS, 2021)**
- **11.5% experienced symptoms of PTSD (Sindhu et al, 2021)**
- **Psychological symptoms were more prevalent in those experiencing continued multiple physical symptoms (Sindhu et al, 2021)**

Psychological effects can include:

- Stress from enduring a potential fatal disease
- Fear of illness / health anxieties
- Stigma of having the illness
- Traumatic memories of severe illness or time in hospital (PTSD)
- Social isolation
- Persisting symptoms and inability to resume normal life/employment
- Uncertainty about the future
- Reduced wellbeing and quality of life
- Exacerbation or relapse of previous anxiety or depression
- Psychological effects of pandemic (isolation, change in routine and lifestyle, health worries)

What is Anxiety?

- A feeling of unease, worry or fear
- An automatic response to danger, fear or threat
- The body's built-in alarm system
- Essential to protect you



Everyone feels it at some point in their life!

1/10 people will see their GP for anxiety!

NICE Guidelines for Anxiety

The *National Institute for Health and Care Excellence (NICE)* provides information and guidance for both professionals and the general public on managing anxiety (Generalised Anxiety Disorder type).

STEP 1: Identify, Educate and Self-Manage - Identifying and communicating Generalised Anxiety Disorder (GAD) to an individual in a timely manner in order for them to understand it and start effective treatment. Provide education/self-management strategies.

STEP 2: Low-Intensity Psychological Interventions which is for those who have not improved after education and active monitoring of GAD symptoms. This can be implemented through non-facilitated self-help, guided self-help or psycho-educational groups.

STEP 3: High-Intensity Psychological Interventions. For individuals who have marked functional impairment or those who have not improved after step 2. You can be offered either high-intensity psychological intervention such as Cognitive Behavioural Therapy (CBT) or drug treatment.

STEP 4: Referral to Community Mental Health. This is a referral stage for those who have significant functional impairment or severe anxiety which is also paired with the risk of causing harm to themselves, substance abuse, personality disorder, complex physical health problems, or self-neglect.

What causes Anxiety?

- The body's natural adrenaline response to danger or fear
- Over-activity in the areas of the brain involved with emotions and behaviour
- An imbalance of Serotonin and Noradrenaline which help to control and regulate mood
- Disordered thinking
- Life Stressors, Trauma, Abuse, Bereavement
- Health Issues - pain/chronic conditions
- Upcoming events – tests/exams

When the body is 'stressed' the brain sends out a distress signal



This activates:

- 1: the sympathetic nervous system
- 2: the fight/flight response (production of Adrenaline and Cortisol)

Controls autonomic functions of the body – breathing, heart, digestion
A key player in the production and regulation of stress in the body

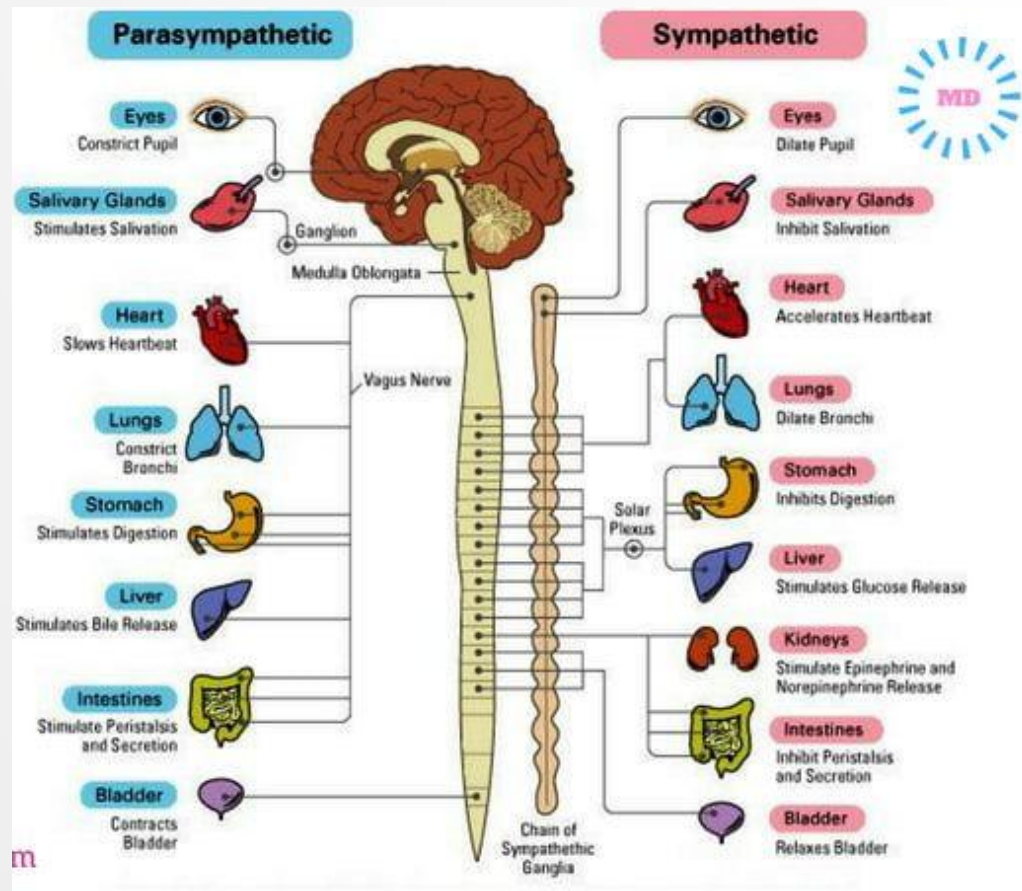
The Autonomic Nervous System

REST & DIGEST

Tells the brain
all is well

Relaxed
response

Activated by
Calm



FIGHT OR FLIGHT

The brain's
distress signal

Involuntary
Danger/Stress
Response

Activated by
Anxiety/Fear

Polyvagal Theory

When our environment feels **safe and calm** our body state is regulated efficiently (parasympathetic state)

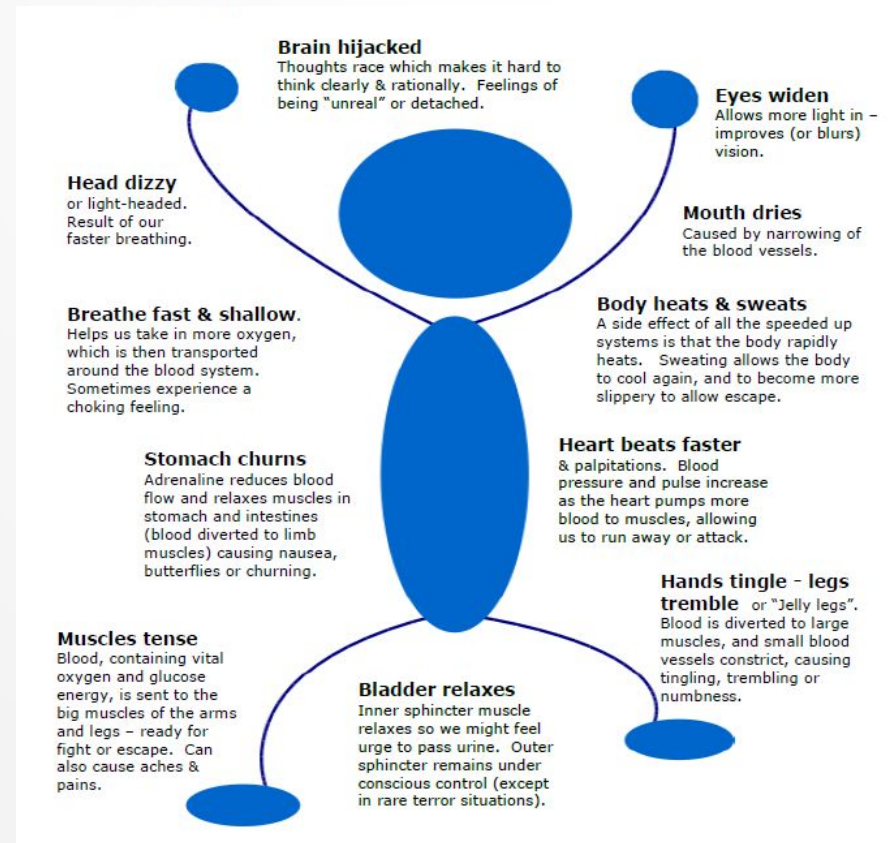
When our mind detects **danger or threat** (real or perceived) this puts the body into 'fight or flight' mode (stress response)

When you experience trauma or PTSD, this can lead to a continued and exaggerated stress response (sympathetic state)



Fight or Flight Response

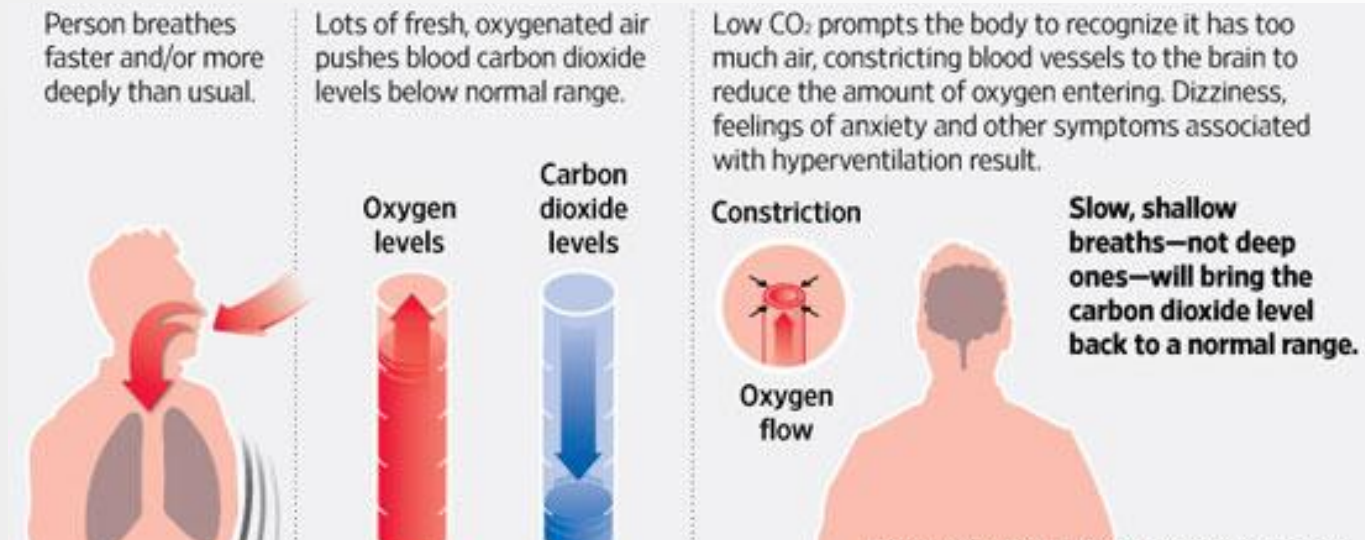
- **A natural bodily response to danger, fear or stress**, like an automatic alarm system which prepares your body for action so it can respond quickly if necessary
- **Energy (Adrenaline) is rushed** from the adrenal glands into the bloodstream and large muscle groups to enable us to either flee or fight.
- **Cortisol (Stress Hormone), is released** into the bloodstream which increases sugars (glucose) to enhance brain activity.
- This response **causes rapid heart rate, increased BP, dizziness, shallow breathing, sweating, hypervigilance**. They also curb bodily functions that are non-essential or harmful in a fight/flight situation
- Helpful in truly threatening situations but a hindrance if activated falsely
- Can take 20-60 minutes for body to return to normal



Why is my breathing affected?

When we anticipate stress we tend to hold our breath.

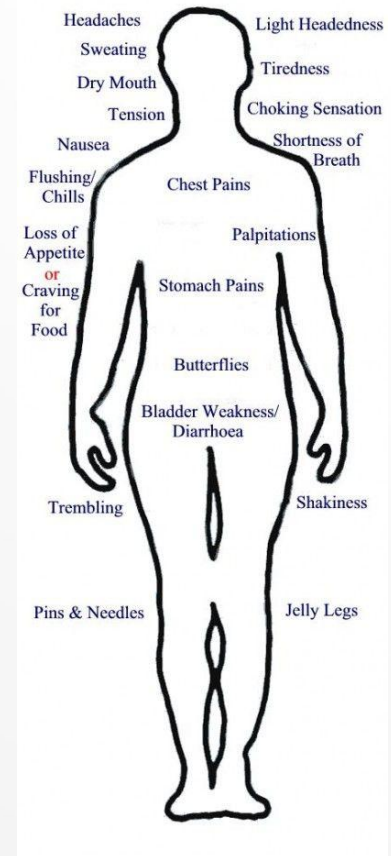
Extra oxygen is sought by the body in order to supply muscles with maximum energy in order to 'fight' which causes over-breathing (or hyperventilation)



Typical Symptoms

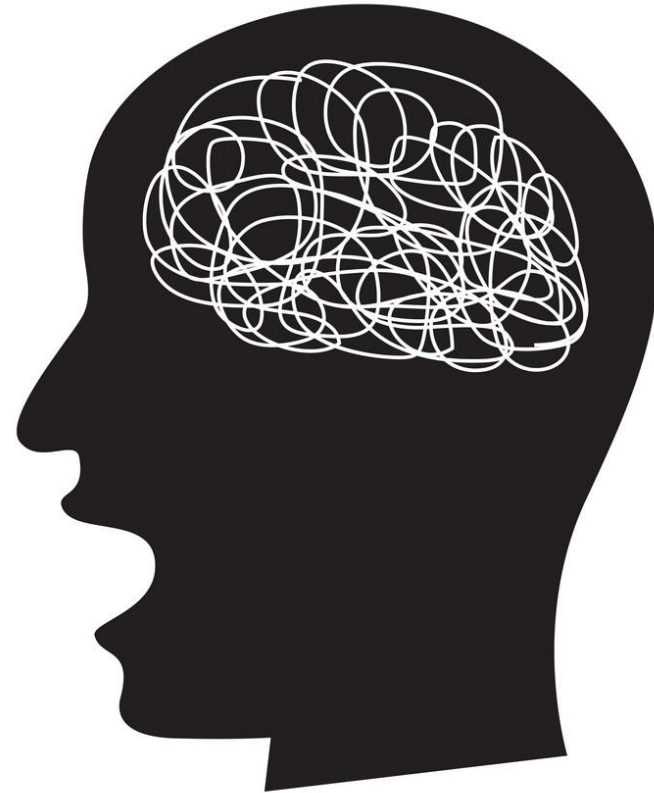
Physical

- Feeling of “doom” - *Butterflies/churning/feeling sick*
- Fast, thumping heart
- Palpitations
- Rapid breathing (hyperventilation)
- Ringing in the ears
- Dry mouth / tight throat
- Weakness in legs/feels like jelly
- Headache/dizziness/blurred vision
- Tense muscles
- Pins & needles
- Trembling/Shaking



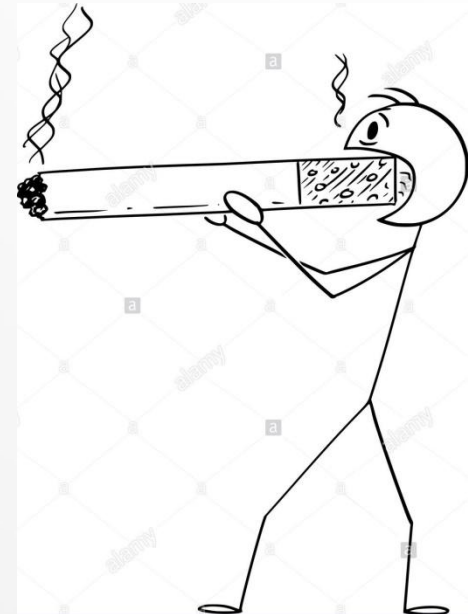
Psychological

- Fear
- Panic or Terror
- Distress
- Uncertainty
- Embarrassment
- Irritability
- Anger
- Excitement
- Distress
- Loss of control



Behavioural

- Agitation or Restlessness
- Pacing
- Verbal / Physical Aggression
- Safety behaviours – avoiding people, places or situations
- Staying in or needing someone with you in certain situations
- Paranoia / jumping to negative conclusions
- Fear of losing control
- Disturbed sleep / insomnia
- Noise intolerance
- Difficulty concentrating
- Using unhelpful coping strategies – smoking, drinking drugs, biting nails



Anxiety Cycle

- Your triggers and beliefs begin the cycle

Thoughts

Something bad will happen
I won't be able to cope!

Your feelings and worries continue the cycle

Behaviours

Avoid or Escape
Not go out
Make excuses
Leave early
Safety behaviours – help us cope in the situation

Feelings

Anxious
Adrenaline: tense, heart racing, breathing fast, shaky, light-headed, sweaty etc

Physical symptoms create additional anxieties re physical health

Safety behaviours will keep your anxiety going

Avoiding people/situations will not make your anxiety better in the long term

Constant anxiety is unhealthy and detrimental to our lives and relationships

Panic

- An extreme form of fear... in an ordinary situation
- The longer you are anxious, the more hypervigilant you become
- The body's normal fear reaction becomes oversensitive and is then triggered in 'normal' situations
- Anytime you feel slightly worried this will trigger the body's normal fear reaction

REMEMBER - panic attacks are not dangerous

RECOGNISE – your symptoms

UNDERSTAND – what causes it and what keeps it going.

ACCEPT – the feelings are not harmful and do not indicate anything is seriously wrong

LEARN – techniques and coping strategies

Once you understand what is going on, half the battle is won!

Identify your Triggers

- Look for patterns
- When do you usually get anxious?
- What are you thinking?
- What makes you anxious – places/people/certain times of day?
- What are your triggers – sounds/smells/reminders?

Which factors keep your anxiety going?

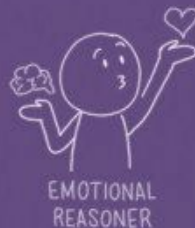
What are your safety behaviours?

Are you interpreting events with a negative bias?



Cognitive Distortions

Habitual, disordered thinking
Unhelpful thoughts and beliefs
Interpreting events in a negative way



Cognitive distortions can be corrected over time

Identify your Thoughts & Feelings

Don't believe everything you think!

- Is the threat real or perceived? Is it fact or opinion?
- Are the physical feelings anxiety-related? (fight or flight/adrenaline response)
- How likely is what you are thinking going to happen?
- Are you exaggerating or misreading the 'threat'? Are you thinking rationally?
- What would a trusted friend say to me right now?
- What advice would I give to a friend?
- Are your feelings making the situation worse than it is?
- Is there a more helpful way of looking at the situation?

**You CAN cope with these feelings
You have got through this before
IT WILL PASS.**

Break the Cycle!

- Don't avoid situations
- Re-frame the situation
- Take things slowly and gradually
- Shift to an external, rather than internal, focus
- Think of the longer term, bigger picture
- What has happened before? What can you change?
- What helps?



Stop!
Take a Breath
Observe
Pull back / gain Perspective
Practice what works



Thought Diary

Situation – what happened?	Emotions – how did I feel?	Physical Sensations – what did I notice in my body?	Unhelpful Thoughts or Images – what went through my mind?	More Realistic Thoughts – STOPP. What advice would I give to someone else?	What could I do next time? – what would be more effective. What works?

A way of understanding and changing your negative thought patterns

COVID related Anxiety

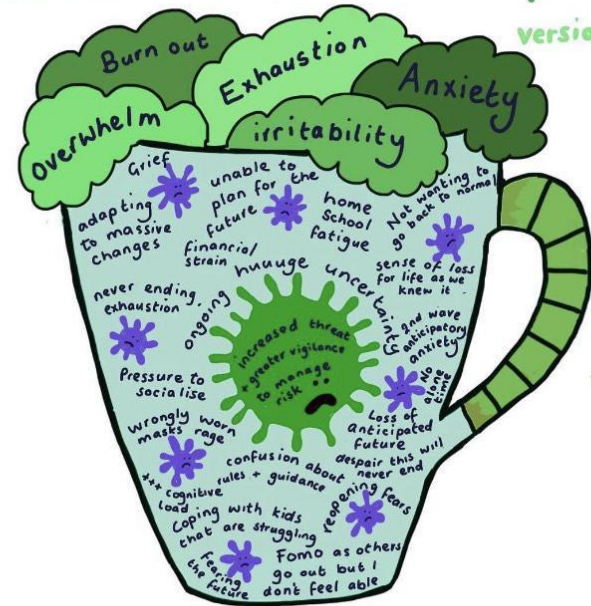
It is easy to catastrophize in times of uncertainty

It is easy for the 'what ifs' to spiral

- **Stay informed** – don't obsessively check the news or social media and stay away if you feel overwhelmed. Stick to trustworthy sources only
- **Follow guidelines** re preventing the spread of the virus
- **Focus on the things within your control** – concrete things
- **Stay connected** - Talk to someone, particularly if you are physically isolated
- **Re-frame** negative thoughts - don't let Covid dominate your thoughts or conversations
- **Take care** of yourself
- **Maintain a routine** and structure your day
- **Make time for enjoyment**, exercise and relaxation
- **Get outdoors** – get a daily dose of sunlight!

The Capacity Cup of Corona Virus Overwhelm

version 2.0



@thepsychologymum

BREAK!!

<https://www.youtube.com/watch?v=7cd5nBMsfZo>

Treatments for Anxiety

Medications (via GP)

- SSRIs – Selective Serotonin Reuptake Inhibitors (*Sertraline/Citalopram/Paroxetine*)
- SNRIs – Serotonin and Noradrenaline Reuptake Inhibitors (*Venlafaxine/Duloxetine*)
- Anti-Convulsants - Beneficial in treating anxiety (*Pregabalin*)
- Benzodiazepines – Sedatives for short-term use (*Diazepam*)

Therapies

- Counselling / Talking Therapies
- Cognitive Behavioural Therapy
- Applied Relaxation Therapy
- E-therapy

Alternative Therapies

Self Help

- Self-help books/books on prescription (reading-well.org.uk)
- Self-help courses
- Self-help worksheets (getselfhelp.co.uk)
- Peer support groups

Complementary Therapies

- Aromatherapy
- Massage
- Reflexology
- Hypnotherapy
- Rescue/Flower Remedies
- Herbal Treatments

Resources

Apps (via NHS Apps Library)

<https://www.nhs.uk/apps-library/category/mental-health/>

- Catch It
- Chill Panda
- Cove
- distrACT
- eQuoo
- Feeling Good: positive mindset
- My Possible Self
- Stress and Anxiety Companion
- Thrive
- WorryTree
- Calm
- Headspace

Coping Strategies & Techniques

- Connection/Talking
- Sleep Hygiene
- Grounding
- Distraction Techniques (rubber band)
- Mindfulness
- Deep Breathing
- Relaxation / Progressive Muscle Relaxation
- Meditation / Visualisation / Guided Imagery
- Journalling / Thought Diary / Gratitude Diary
- Positive Affirmations
- Tapping/Emotional Freedom Technique (psychological acupuncture)
- Autogenic Training



Activities

- Sleep/naps
- Seeing Friends/Family
- Being outdoors / in nature
- Gym
- Swimming
- Walking / Running
- Yoga / Pilates / Tai Chi
- Music / Playlists / Podcasts
- Creative Arts
- Hobbies / Interests / Volunteering
- Pet Therapy

Looking after YOU!

Dopamine

(Rewards/Pleasure)

- Self care activities
- Hearing your favourite song
- Creating art
- Eating delicious foods

Oxytocin (Calming)

- Play with a pet/baby/children
- Hug
- Give a compliment
- Social bonding

Serotonin (mood stabiliser/support)

- Meditation/yoga/prayer
- Sunshine
- Healthy diet
- Self-esteem exercises

Endorphins (positive feelings)

- Laughing
- Exercise
- Rollercoaster
- Random act of kindness

Have a go...

Sleep

Sleep has powerful psychological benefits

Reduced sleep can increase anxiety levels by 30%

During the deepest level of sleep, HR, BP, Anxiety and Stress are reduced and this is where connections in the brain become re-organised.

Sleep deprivation can cause:

- Reduced activity in the pre-frontal cortex (the area which keeps anxiety in check)
- Overdrive of the limbic system (the emotional centres of the brain)



Have a go...

Grounding

The 3, 2, 1 Technique

If you notice anxiety increasing, find a comfy chair, sit with your feet flat on the floor and back straight

Look around and name 3 things you can see and 3 things you can hear, 3 things you can feel

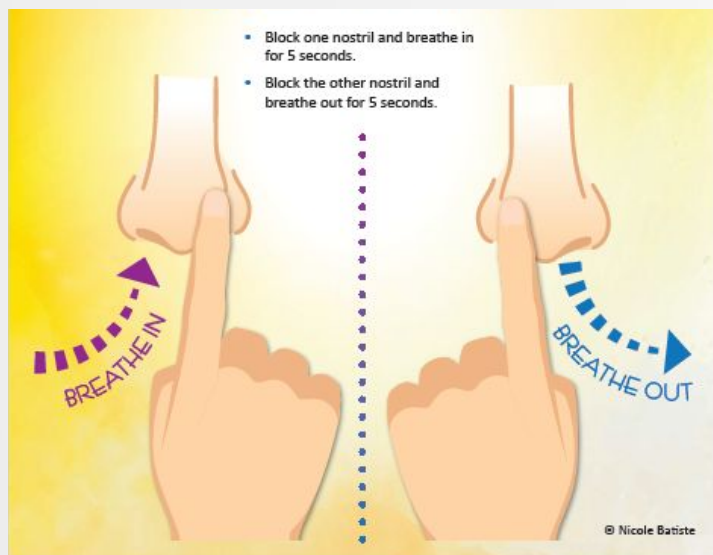
Then do 2, then 1



**Grounding techniques can help to bring you into the here and now,
away from anxious thoughts**

Have a go...

Deep Breathing

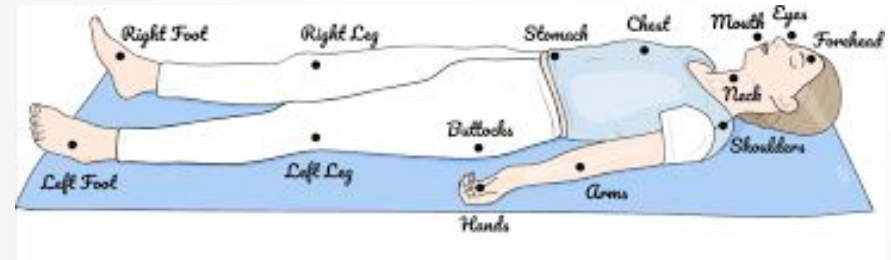


Deep breathing techniques can help to slow down and regulate your breathing

Have a go...

Relaxation

[Try this...](#)

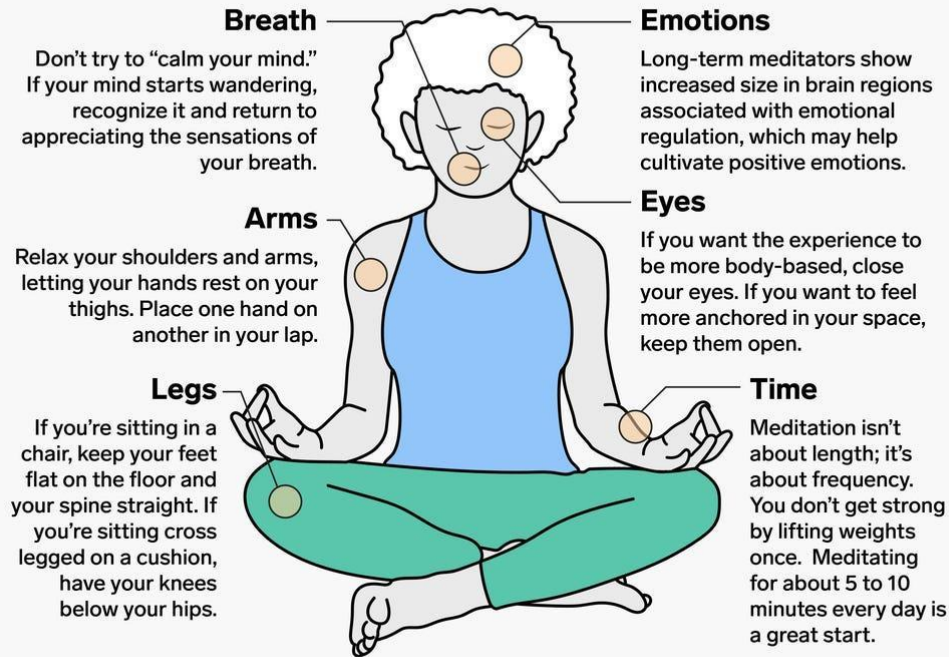


https://www.youtube.com/watch?v=_duhPeToOfA

These techniques can help to bring your body and muscles into a relaxed state and reduce the physical symptoms of anxiety

Meditation

6 tips to help you start meditating



<https://www.youtube.com/watch?v=MR57rug8NsM>

<https://www.youtube.com/watch?v=uqGTphrGHi4>

<https://www.youtube.com/watch?v=Q-L2ZKYMsag>

These techniques can help to bring your body and muscles into a relaxed state and reduce the physical symptoms of anxiety

Have a go...

Mindfulness



1 Start your month with **kindness**. Think well of yourself and others.

2 Find some quiet time to sit and be still by yourself.

3 Head out on a **mindful walk** in your lunch break.

4 Turn routine into a mindful moment. It could be while **cleaning your teeth** or washing up.

5 Draw, colour in or be creative. Art can help you de-stress.

6 Use technology to be mindful. Download a mindfulness or journal app.

7 Try going a different way to work, to break up the routine.

8 Go for a run or exercise without music, and concentrate your attention on your body.

9 Enjoy **mindful eating**. Savour your favourite meal.

10 Write down two things you are grateful for.

11 How about a **digital detox**? Take a phone break!

12 Rest your elbows on a window ledge and take five minutes to watch the world go by.

13 Be **mindful at work**. Encourage open conversations with colleagues.

14 Catch up on life admin: but purposefully and mindfully to feel happier.

15 Have a **soak in the bath** to help clear your mind.

16 Watch a **relaxing movie**, completely immersing yourself in the film and the experience.

17 Try **mindful meditation**. Stop and observe your thoughts and sensations.

18 Spend a minute practising self-awareness. Acknowledge your feelings.

19 Help yourself **sleep** by taking time to wind down before bed.

20 Spend a few moments concentrating on the feeling of your feet on the ground.

21 Start building **three minutes of mindfulness** into your daily routine.

22 Concentrate on your breathing. Try starting with 10 breaths, counting each one.

23 **Declutter** your desk or workstation at home.

24 Do you have **children** or a young relative? Spend and savour some time with them.

25 Set reminders to **regularly** stand up, stretch your legs and refocus.

26 Use mindfulness to **focus** on what's most important to you right now.

27 Notice the beauty of nature on your daily walk or run.

28 Take a full lunch break and **stay stress free** at work. Aim to do this every day.

29 Remind yourself that thoughts are not facts. What's actually happening around you?

30 Experiment with your morning routine, to start your day in a positive way.

31 Listen to a mindfulness **podcast**, like the ones produced by Bupa.



Mindfulness can teach you to become more aware of what is happening in the present moment

Have a go...

Journalling

Think about the most difficult thing in your life up until this point, and write about how you overcame that challenging time.	Write down the feelings that you feel when you are experiencing a depressive episode in list format.	DESCRIBE 3 THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL FOR TODAY, DESPITE FEELING SAD OR ANXIOUS.	Create a list of the next five destinations you want to visit when traveling. Design a realistic plan for how you can visit all of those places in the next several months or years.	Begin writing about your day in a stream-of-consciousness style. Describe what you did, and how you felt while doing it. You may find that this style of freeform writing helps you to better understand your emotions and how they relate to your daily activities.	DRAFT A LETTER OF FORGIVENESS TO YOURSELF.
When do you feel a sense of peace? Describe where you are, how you are feeling, what you are eating or any activities that you are doing at the time. Consider how you can incorporate those peaceful moments into your life more often.	Reflect on a moment that happened in the last week, in which you laughed. What made the moment so funny? How did you feel when you were laughing?	Depression is considered a mental health disorder, but it can have physical side effects. Describe how depression makes you feel physically, and write about how you can conquer those physical symptoms.	If you know what triggers your stress, anxiety or depression, write those triggers down. Evaluate how you can minimize your contact with those triggers.	If you could do anything at all right now, what would you choose to do? Why would you choose to do that?	Describe how you want your friends and loved ones to remember you. Are you living your daily life in a way that will honor your memory?
WRITE ABOUT WHAT MOTIVATES YOU TO KEEP GOING, EVEN WHEN YOU FEEL LIKE IT'S INCREDIBLY HARD TO MOVE FORWARD.	What is one thing that always makes you feel better? Is this a healthy way of coping with your feelings? Can you identify any other techniques, tools or resources that can help lift you up after a bad day?	Identify three ways you could change your daily routine to help foster a better sense of peace and relaxation.	MAKE A LIST OF YOUR DAILY HIGHS AND LOWS.	Write about your deepest secrets. Why have you kept these things hidden from everyone, including the people who love you the most? Would sharing these secrets relieve you of some of your burdens?	How would you describe your patience? What do you think causes you to lose your patience? What helps you increase your patience with those who surround you?
What are you afraid of? Why are you afraid? Can you think of any ways you can overcome those fears?	Where is your happy place? Describe it in detail and using all of your senses. How often can you visit this space?	WRITE THE LYRICS OF A SONG THAT YOU MOST RELATE TO RIGHT NOW. WHY DO YOU IDENTIFY WITH THOSE LYRICS?	When do you believe that you began to feel depressed? Why did that moment in your life trigger your depression? Consider if now is the right time to contact a professional who can help.	Think about the last 24-48 hours. Did anyone pay you a compliment? What did they say to you? How did that compliment make you feel?	WHAT DO YOU LOVE MOST ABOUT YOURSELF? MAKE A LIST OF 10 QUALITIES ABOUT YOURSELF THAT YOU ARE PROUD OF.

Journalling can serve as an escape or emotional release from negative thoughts and feelings

Have a go...

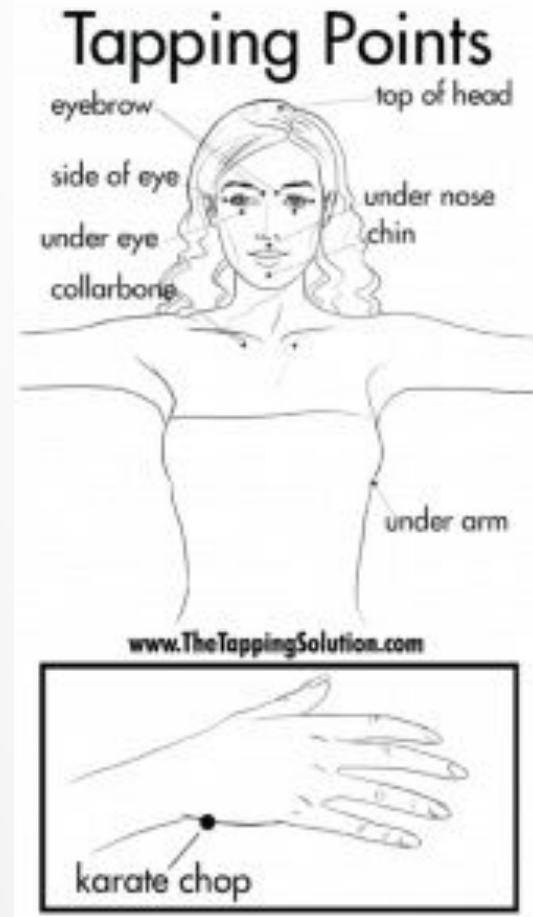
Tapping

Tap the 'Karate Chop Point' (centre of fleshy part of outer hand) 5 times using 2 fingertips whilst repeating a positive mantra such as "*I am safe in this present moment*")

Tap each of the following areas (meridian points) 5 times whilst 'venting'. State why you are anxious/worried and release all of your frustration, anger and annoyance

- Top, centre of head
- Beginning of eyebrow
- Side of eye
- Under eye
- Under nose
- Under mouth (mid-chin)
- Mid collarbone
- Underarm

Then repeat the above 2-3 times, changing your mantras to positive affirmations (tap in the positive)



Vagus Nerve Stimulation

- The autonomic nervous system plays a key role in the production of anxiety symptoms in the body
- The vagus nerve (the “chill out button”) connects the brain and body and can be stimulated to calm your nervous system and trigger a relaxation response in the body

Singing, Humming, Om-ing, Chanting

Loud Gargling with Water

Cold Exposure (cold washcloth to face)

Meditation / Deep Breathing

Valsaver Maneouvre

Exercise

Positive Social Connection & Laughter

Massage

Exposing yourself to pleasurable things (nature, sunset, pets, babies, photographs)

Healthy Diet with Probiotics

Anxiety and the Vagus Nerve

How The Vagus Nerve Affects Organ Systems

Heart
Decreases heart rate, vascular tone.

Liver
Regulates insulin secretion and glucos homeostasis in the liver.

Gut
Increases gastric juices, gut motility, stomach acidity.

Inflammation
Suppresses inflammation via the cholinergic anti-inflammatory pathway



Brain
Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

Mouth
Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

Blood Vessels
Decreases vascular tone, lowering blood pressure.

When stimulated, the vagus nerve sends a message to the body that it's time to relax and de-stress

Visualisation



Breathe slowly and deeply, in through your nose and out through your mouth. Allow your ribcage to expand fully on inhaled and gradually empty on exhaled. Continue slow deep breathing noticing yourself becoming more and more relaxed..... more and more calm..... relaxed and calm.

Use your five senses to enrich the following experience; allow your mind to generate a personal oasis.....

Imagine yourself on a beautiful sandy beach..... Notice the soft white sand..... Notice the shades of blue in the water..... Notice the blue sky with soft white clouds rolling slowly past..... Notice the lush tropical plants and flowers.....

Listen to the sound of the breeze blowing gently in the trees..... Notice the sound of the waves rolling slowly to the shore..... Notice the sound of the birds softly calling.....

Feel the sunshine warm on your skin..... Notice the warm sand underfoot..... and the cool breeze on your hair and face.....

Smell the fresh ocean scent..... Notice the sweet fragrance of tropical plants

Notice a pleasant taste in your mouth..... perhaps from a tall cool drink.....

Notice yourself relaxed and calm..... relaxed and calm..... relaxed and calm.....

Enjoy the feeling of relaxation..... Notice as it moves from the top of your head slowly down your face..... neck..... shoulders..... chest..... arms..... abdomen..... legs..... knees..... shins..... feet..... toes.....

Notice yourself relaxed and calm..... relaxed and calm..... relaxed and calm.....

When you are ready slowly open your eyes refreshed and awake.

<https://www.youtube.com/watch?v=GL2yEA5Q6N8>

Visualisation or Guided Imagery can help to re-focus your mind on more calming and pleasant images

Summary

Physical symptoms

can be reduced by learning relaxation or controlled breathing

Relaxation relaxes the muscles and reduces sweating, breathing rate, heart rate and hormone production

Mental symptoms

can be reduced by identifying challenging or worrying thoughts and replacing them with more positive ones

Imagine yourself coping in a situation that you feel anxious about

Behavioural changes

can be altered by deliberately changing your behaviour in a step by step, gradual fashion, and making alterations to your lifestyle to avoid stress

Devise an Action Plan – what is the worst that can happen and how can you deal with it?

Links

Anxiety

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>

Panic

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Panic>

Worry and Rumination

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Worry-and-Rumination>

Tolerating Distress

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress>

Health Anxiety

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety>

An Introductory Self Help Course in Cognitive Behavioural Therapy

<https://www.getselfhelp.co.uk/media/ekplzpw2/selfhelpcourse.pdf>

Depression

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>

Links

Healing Meditation for Long Covid Sufferers

<https://www.youtube.com/watch?v=Z0ZBIQh5z98>

NHS/Moodzone Podcast – Anxiety Control Training

https://www.youtube.com/watch?v=lqcOqh9_ivl

NHS Introduction to Mindfulness

<https://www.youtube.com/watch?v=yWuPJFAx3rA>

Guided Meditation – 10 Minute Meditation for Anxiety

<https://www.youtube.com/watch?v=O-6f5wQXSu8>

Relaxing Music – to calm the mind

<https://www.youtube.com/watch?v=wLffJhxIXKE>

Hypnosis for Anxiety

<https://www.youtube.com/watch?v=orjbRb4EBgo>

https://www.youtube.com/watch?v=_QCtzOb8_XA

Further Reading

<https://www.longcovid.org/>

<https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-mind/managing-fear-and-anxiety/>

<https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/long-covid-and-mental-health/>

<https://www.getselfhelp.co.uk/pandemic/>



Helpline Numbers

Organisation	Number
Samaritans	116 123
Crisis Care 24/7	0800 953 0285
The Sanctuary	0300 003 7026
Silverline	0800 470 8090
Papyrus	0800 068 4141
Shout	Text GMSalford to 85258
Anxiety UK	0344 477 5774
Calm	0800 58 58 58
MIND	0300 123 3393

THANK YOU!