

## What is anxiety?

Stress and anxiety are a part of modern life. How will I pay the bills on time? Will the car start? We all experience these examples of anxiety, which represent relatively small challenges.

For some people such challenges can be a constant source of worry. The challenges grow into problems and the mounting problems increase their anxiety. This spiralling effect makes it more difficult for the person to resolve their issues and move on.

When anxiety increases in this way it may be that the person is suffering from an anxiety disorder, which will dramatically affect their quality of life.

Sufferers of anxiety disorders have many unpleasant symptoms e.g. they are afraid that they are going mad, will have a heart attack etc. They often cannot believe that their symptoms are "just anxiety".

**"I enjoy meeting people, chatting, expressing my feelings, worries and fears. I have enjoyed learning about CBT, calmness, mindfulness, thoughts, feelings, behaviours, etc."**

Panacea Group Member

To support Dorset Mind, please visit [justgiving.com/dorset-mind](http://justgiving.com/dorset-mind)

# Panacea in Mind

Meet, share, listen and learn



Dorset Mind  
3 Stratfield Saye  
20-22 Wellington Road,  
Bournemouth  
BH8 8JN

W: [dorsetmind.uk](http://dorsetmind.uk)  
T: 01202 551650  
e: [contact@dorsetmind.uk](mailto:contact@dorsetmind.uk)

We're Dorset Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Dorset Mind does not offer any undertaking as to whether a particular Dorset Mind service is suitable for any particular person. Dorset Mind does not make an assessment of anyone's mental health or circumstances prior to their attendance at a group or service.

Leaflet created by Dorset Mind in June 2016.



Dorset Mind is a registered charity - No. 1108168 and is registered in England as a company limited by Guarantee No.5333018

 **mind | Dorset**  
for better mental health

## What can you expect?

Panacea provides a safe, confidential and accepting environment bound by confidentiality and group guidelines. People with a variety of anxiety related issues can access recovery-based peer and staff support. Support involves listening non-judgmentally, giving feedback when requested and some use of counselling skills, but not counselling or group therapy.

Each session involves a guided relaxation or mindfulness exercise, time to share experiences and concerns, followed by discussion workshops based on group members' requests.

Discussions cover a diverse range of topics, for example:

- developing self-compassion and building self-esteem
- managing anxiety
- anxiety conditions, their symptoms and effects (including OCD, Phobias, Generalised Anxiety Disorder, Post-Traumatic Stress Disorder)
- recovery based coping skills, for example helpful ways of thinking, relaxation and mindfulness
- health and wellbeing information
- signposting to other support groups and agencies.

## Who might you see?



"My name is Mandy. I have enjoyed working with people with mental health issues for thirteen years. I have diverse experience and training as a counsellor and CBT Therapist."



"My name is Carmel. I have been involved with Dorset Mind for around 12 years. I have a degree in counselling and psychotherapy together with other counselling and related qualifications."

The thought of coming to a new group can be daunting but both Mandy and Carmel are always willing to meet with new members before the group begins.

For further details about Panacea in Mind please call Mandy on 07950 741698 or Carmel on 07561 474037 or email them on [panacea@dorsetmind.uk](mailto:panacea@dorsetmind.uk)

You may also meet some of our other Group Facilitators: Rob and Claire.



For up to date information on meetings please check the website, [dorsetmind.uk](http://dorsetmind.uk)

## Charges

£3 per session

## When and where is it?

**Alternate Wednesdays, 10am to 12 noon**

First Point Plus  
1005 Wimborne Road  
Moordown  
BH9 2BS

Bus routes: 2a, 2b, 4a, 4b, 4d, 13, 15, 46, 60, 86, 87.

**Monthly on Wednesdays, 7pm to 9pm**

Moordown Community Centre  
Coronation Avenue  
Moordown  
BH9 1TW

Bus routes: 2a, 2b, 4a, 4b, 4d, 13, 15, 46, 60, 86, 87.

