











Anxiety recovery specialist



Location **North, Lancashire**
<https://www.freeadsz.co.uk/x-192120-z>

I consider myself to be an expert in the recovery of panic disorder, generalised anxiety disorder and agoraphobia. I know first-hand how to successfully treat these disorders. I once experienced them severely myself and now I do not. I have been helping people with anxiety recovery since 2006. It is my passion, giving people their life back is one of life's most fulfilling pleasures. Recovery from anxiety disorders is an extremely liberating experience which brings with it its own benefits. The wisdom and confidence you will gain will make you a much more integrated person - happier, peaceful and more confident. My knowledge and understanding of anxiety disorders comes from years of study, research and application to my own life. My approach and applied method is well-founded and I take extreme pride in my ability to help people that struggle with nervous problems. My passion and record of achievement in this field speak for themselves. I began helping people with anxiety disorders in 2006 by self-funding local anxiety support groups and I continued to do this for almost four years before joining BIG in Mental Health www.buryinvolvementgroup.org. Here I created the anxiety support division which still continues to this day helping hundreds of anxiety sufferers each year. In 2011, I became part of the training programme at Fairfield General Hospital in Bury, where I gave educational talks on anxiety disorders to the junior doctors as part of their psychiatric training. I was recognised for my contributions to mental health services and was awarded the Queens Award for Voluntary Services in 2014 as part of Bury Involvement Group. My website can be found at www.manchesteranxietyhelp.co.uk ;

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