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therapy CBT This self help guide is intended for people with mild to moderate symptoms of anxiety If you re feeling distressed in a state of despair suicidal or need emotional support you can phone Samaritans for free on 116 123' **'Overing Health Anxiety A self help guide using April 24th, 2020 - In fact health anxiety can be very successfully treated with cognitive behavioural therapy the approach taken in this self help guide Using a structured step by step approach the authors explain how the problem develops how to recognise what feeds it and how to develop effective methods of dealing with it'**

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**'How to overe fear and anxiety Mental Health Foundation**

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**'Anxiety self help books Mental Health Services HSE ie**

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