



HAD ENOUGH OF ANXIETY, PANIC, AGORAPHOBIA, OCD, PTSD OR DEPRESSION?

Are anxiety, panic attacks, OCD, Pure O, Agoraphobia or PTSD ruining your quality of life? Has the time arrived to take action and control over your emotional wellbeing?

At The Linden Centres, we have helped over 160,000 people to find freedom from high anxiety conditions and we can help you too.

GET IN TOUCH

0800 069 9898

or email us at:

enquiries@thelindencentre.org

www.thelindencentre.org

Linden Tree Corporation Ltd

26, Comberton Rd,

Kidderminster. DY10 3DL

Powered by

the LindenMethod
Total Freedom From High Anxiety Conditions



OUR PROGRAMMES SUPPORT, ADVISE, REASSURE AND GUIDE YOU IN EVERY ASPECT OF YOUR LIFE AND ANXIETY RECOVERY

Have you ever sought medical help believing you are ill - only to discover you are anxious?
Have you experienced a tight chest, difficulty breathing, a lump in your throat or dizziness?
Do you ever feel worried that you can't 'escape' when in a cinema, in a car or on a motorway?
Have you ever feared that you might lose control or go insane?
Have you experienced anxious, intrusive thoughts?
Do you feel less comfortable in social situations than previously?

Do you experience panic attacks, agoraphobia, OCD, phobias, derealisation, depersonalisation, depression, an eating disorder, health anxiety or obsessive thoughts of any nature?



Our highly trained and friendly Linden Method Anxiety Recovery Specialists provide constant reassurance, guidance and advice about every aspect of your life, focusing on quickly reducing and eliminating your anxiety disorder.

With your coach accessible to you by telephone and email, you can be assured of a fast and productive answer to all your questions and reassurance when you need it, rather than when your next appointment time comes around.



WHAT DOES IT COST?

- 1 Year Membership
- Printed manual, DVD & CD pack
- Online member resources portal access
- Telephone & email support

Private direct client

£137

NHS referred patients requiring GP feedback

£345

WE ALSO PROVIDE:

- Residential Anxiety Recovery Retreats & Workshops
- Corporate stress and anxiety recovery programmes
- Anxiety Recovery Coach Qualification - NCFE Level 4 Diploma
- Anxiety Recovery Coach training for existing practitioners
- One-to-One and group anxiety recovery sessions

Enquiries - Jo Goodchild - Programmes Director

2014 efficacy study - Pre TLM average GAD-7 score 18.24 (Severe) - Post programme score 2.84 (Anxiety free)

Organisational & Individual Members

Individual Members

CG-113 Guided Self-Help

BACP

BPS

NICE



Referring practitioner

Name:

Practice & Town:

