

Moodjuice Self-Help Guide for Anxiety
<http://www.moodjuice.scot.nhs.uk/Anxiety.asp>

Anxiety

Moodjuice Self-help Guide



Learn more about anxiety and
skills to cope with it.

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By Moodjuice

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Description

These self help and relaxation audio guides introduce common mental health problems and describe methods for overcoming them.

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