

DO YOU HAVE?

Anxiety

Panic

Anger

Depression



Recovery
Self Help Method
Ireland

LOCAL MEETING

**Every Mon
8.30pm**

**St Mel's Family
Centre
Chapel Lane
Longford**

- CAN HELP YOU! -

Telephone: 00 353 1 62 60 775

Charity No: CHY 7690

www.recoveryireland.ie