

# DO YOU HAVE?

**Anxiety**

**Panic**

**Anger**

**Depression**



**Recovery**  
Self Help Method  
**Ireland**

**LOCAL MEETING**

**Every Mon  
8.00pm**

**St Martin de Porres  
Parish Rooms  
Tallaght  
Dublin 24**

**- CAN HELP YOU! -**

Telephone: 00 353 1 62 60 775

Charity No: CHY 7690

**[www.recoveryireland.ie](http://www.recoveryireland.ie)**