

# Fear of flying

## Prescribing Diazepam for Fear of Flying

Claremont Clinic will not prescribe Diazepam for patients who wish to use this for a fear of flying



*We understand a fear of flying is very real and very frightening, however, there are better and effective ways of tackling the problem:*

- \*Stay centered**
- \*Find a focus**
- \*Eliminate stressful distractions**
- \*Anticipate your anxiety**
- \*Be prepared with soothing elements**
- \* Locate your fear**

*There are also Fear of Flying Courses which are run by several airlines.*

### **Easy Jet**

[www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com)

Tel: 0203 8131644

### **British Airways**

<http://flyingwithconfidence.com/courses/venues>

Tel: 01252 793 250

### **Virgin Atlantic**

<https://flyingwithoutfear.co.uk/collections>

Tel: 01423 714900 1252250

*You can also practise simple techniques such as:*

- \*Listening to music.**
- \*Listening to podcasts.**
- \*Watching a comforting film or TV series.**
- \*Doing a puzzle.**
- \*Reading a book.**