

About Us

Description

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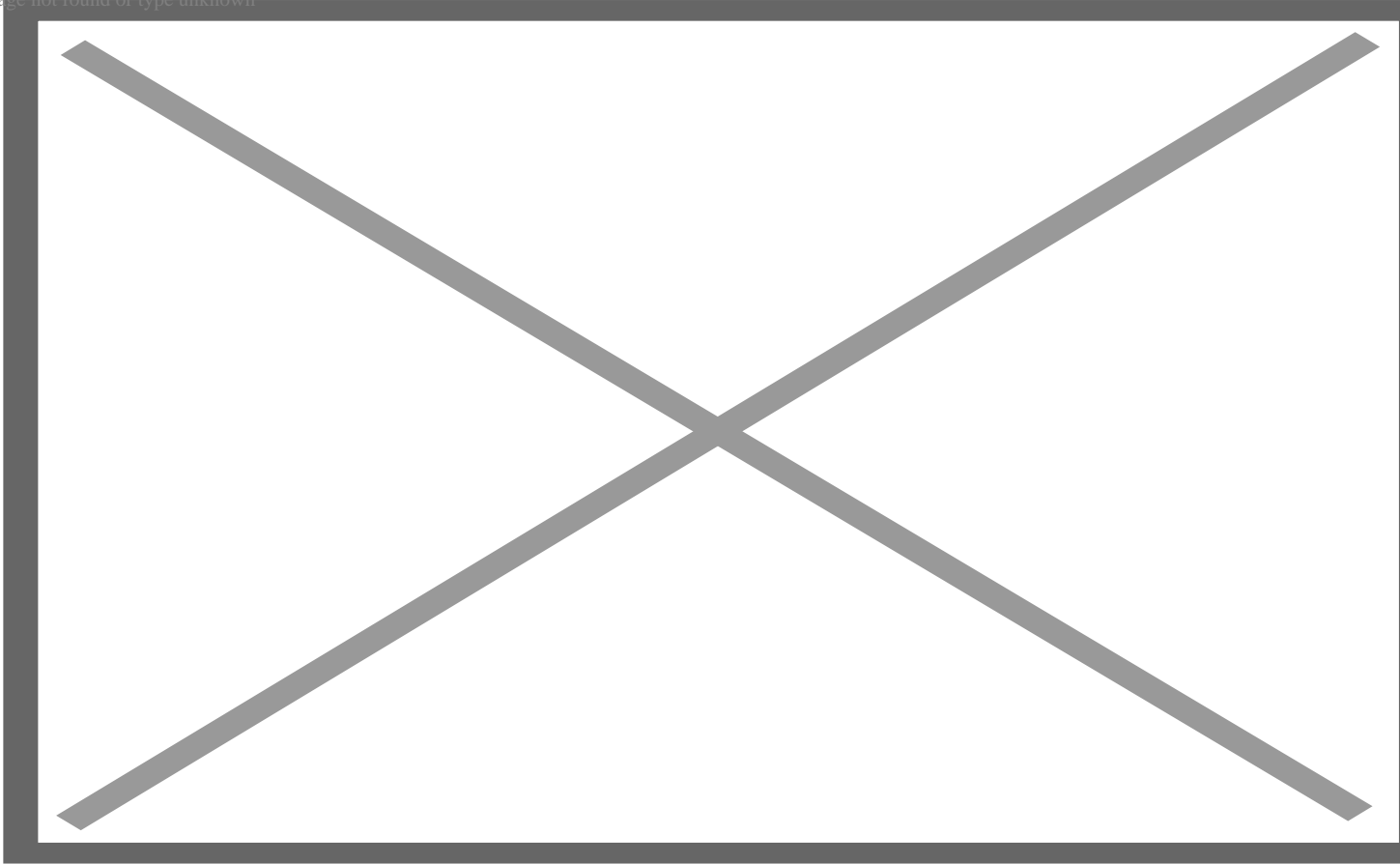
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About us

Anxiety UK has evolved into a national organisation with an international reach while remaining run by and for those living with anxiety. Our small team of just four, is driven by personal experience, ensuring we truly understand the distress that anxiety can cause.

In 2020, we celebrated our 50th anniversary with a commissioned painting by the artist Degard, that reflects our journey and commitment to alleviating anxiety's impact. This artwork serves as a tribute to all who have shaped Anxiety UK into what it is today and hangs proudly in our boardroom.

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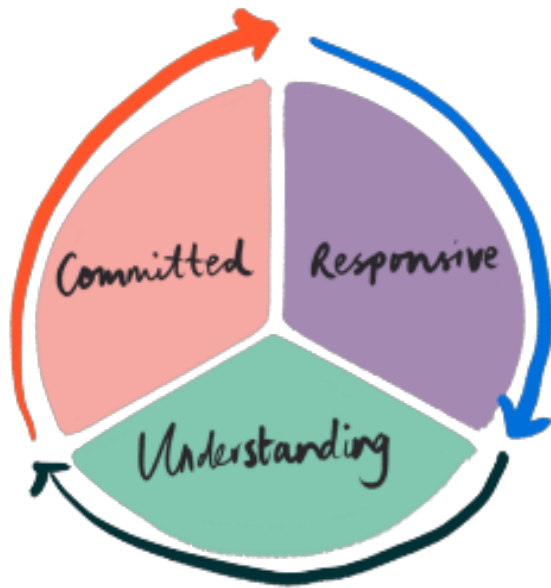


Our mission

Anxiety UK was established in 1970 to promote the relief and rehabilitation of persons living with agoraphobia and associated anxiety disorders, phobias and conditions, in particular, but not exclusively, by raising awareness in such topics.

We have over 50 years' experience of supporting individuals and organisations requiring assistance with anxiety; offering a wide range of innovative and high quality services. We believe strongly that people should be offered choices and that anxiety is both treatable and manageable, given the right support.

Our values



Committed:

Going the extra mile; working above and beyond what is expected of us.

Responsive:

Listening to others' needs; acting promptly, flexibly and appropriately.

Understanding:

Providing empathic, person-centered, effective support.

Strategic objectives (2025-2030)

- Providing high quality, accessible, innovative and personalised services for those living with anxiety (disorders).
- Evolving, enhancing and future-proofing membership opportunities
- Expanding the range of unrestricted income streams and continue to operate in a cost-effective manner
- Positioning Anxiety UK as a leading authority on anxiety (disorders), recognising and rewarding good practice, campaigning to improve the quality of life for those living with anxiety and differentiating clinical anxiety from everyday stress whilst supporting anxiety research
- Ensure that Anxiety UK is well-developed, well-resourced and fit for purposes

Anxiety UK's premises over the years



Nunes House, Old Trafford, Manchester



Cheltenham Road, Chorlton, Manchester