

Exclusive Anxiety UK member services & benefits

Description

Exclusive members only, monthly digital magazine:

'And Relax'

Free members only 'meet the anxiety expert' webinars

Free members only, online anxiety support groups

Free, members only, anxiety advice & information

And Relax ... our monthly exclusive members' ezine



And Relax... our new-look exclusive monthly, digital membership magazine, which replaces the previously produced, quarterly, Anxious Times magazine.

And Relax... lands in members' inboxes at the end of every month, bringing you regular advice articles on anxiety, lived experiences of anxiety, competitions, anxiety research news and more.

This content is exclusive to Anxiety UK members, giving you more value for your membership. It's the same Anxious Times you know and love but now reaching you more regularly and in a slimmed-down style, making it more accessible for busy people.

Anxiety UK

Anxiety support groups

- Facilitated by Anxiety UK staff with lived experience of anxiety
- One hour each month
- Themed
- Confidential space
- Free of charge to Anxiety UK members
- 15 spaces per group



**FACILITATED VIA
ZOOM**



Find out more

www.anxietyuk.org.uk/supportgroups



Free to Anxiety UK members.

- **Each group lasts an hour and are facilitated by Anxiety UK staff with lived experience of anxiety.**
- **Places limited; first come, first served.**
- **Due to high demand, to ensure as many Anxiety UK members as possible can benefit, we reserve the right to limit the number of sessions members may attend.**
- **Groups are themed.**
- **NB The person registering for the group must have an active membership in their name otherwise the booking will not be processed.**

**To sign up for all the above exclusive
Anxiety UK member only benefits and more**

[Click Here](#)