

Contact us

Description

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Contact information

Support:

- **'TAUK' to us** service
- **Ask Anxia®** service (see button in right hand corner of website)

Answers to most questions can be found in our [FAQs](#).

Need more help?

Media/press: media@anxietyuk.org.uk

Fundraising, legacies & donations: admin@anxietyuk.org.uk

Volunteering: admin@anxietyuk.org.uk

Membership & orders: membership@anxietyuk.org.uk

Research: complete our [research collaboration form](#)

Workplace, training, sponsorship and advertising enquiries: admin@anxietyuk.org.uk

Charity partnerships: admin@anxietyuk.org.uk

Anxiety UK Approved Therapist scheme: services@anxietyuk.org.uk

Any enquiry not covered by the above: info@anxietyuk.org.uk

Please see ['get help'](#) for support options and services available.

Address:

- Anxiety UK
- Nunes House
- 447 Chester Road
- Old Trafford
- Manchester M16 9HA

[Get help now](#)

Directions:

By car: The office is situated at 447 Chester Road M16 9HA and there is ample on street parking in the vicinity.

By Metrolink: The nearest Metrolink station is Cornbrook, approximately a 5 minute walk from the office.

By train: Manchester Piccadilly Railway Station – Piccadilly Station is connected to local, regional and national rail services and via the West Coast Mainline. Take the 256 bus to Chester Road. The 256 bus runs every 10 minutes throughout the working day.

Deansgate Railway Station – Deansgate is the closest station to the office and provides access to local rail services on the Manchester-Liverpool route.

By bus: From the city centre take the 256 bus to Chester Road. The 256 bus runs every 10 minutes throughout the working day.

Arrival at Nunes House: Upon your arrival at Nunes House, please ring the reception bell at the front door. A member of the Anxiety UK team will answer the call and will organise for you to be met and escorted to the reception area of Nunes House. Once at reception, you will be required to sign the visitors book and to sign out when leaving the premises.