

EDI

Description

[Become a member](#)

[Courses & groups](#)

[Supporting others](#)

Equality, Diversity, Inclusion and Accessibility

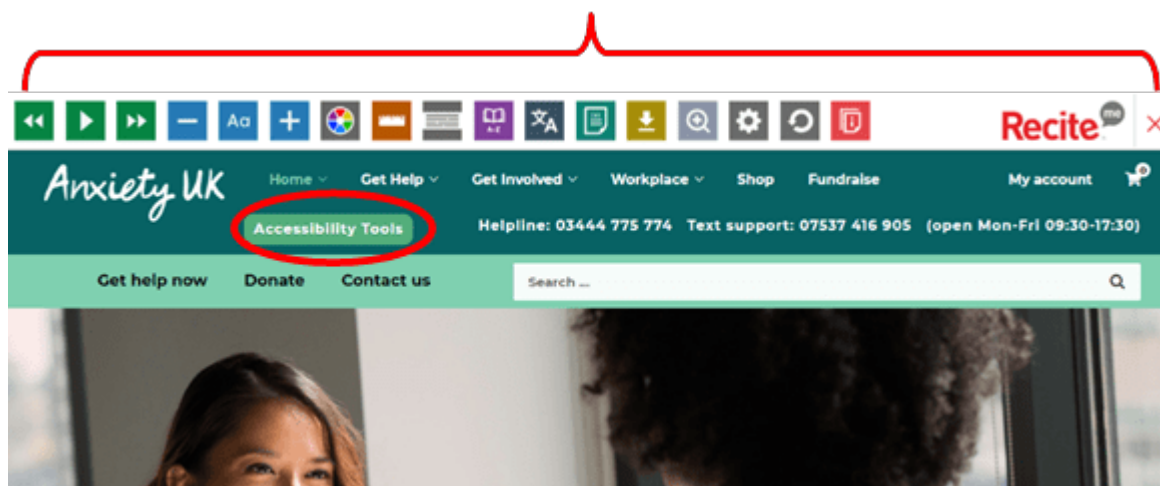
Our pledge

Anyone can be impacted by anxiety. Anxiety doesn't discriminate. We're here for anyone who needs our support. We are proud of our equality and inclusivity awareness. Our friendly staff and volunteers have received training on how to support anyone with anxiety. We have also completed Equality Impact Assessments (EIAs) across the charity which have identified further areas for improvement; many of which have already been addressed.

Take a look below to see what we have done in this area.

We have invested in an accessibility tool for our website, to ensure our information is clear for all. By clicking the 'Accessibility Tools' button in the top left corner of our website a range of options become available including:

- Screen reader (reads website text aloud)
- Ease of reading tools (ruler, screen mask, magnifier, margins, dictionary)
- Styling (customise the website's colour scheme text, font style, size, colour, and spacing)
- Translation (translates all webpage content into over 100 languages, including 35 text to speech voices)



clear **voice**
interpreting services

What else we have done?

- Endeavour to deliver groups at variety of times/days to suit lifestyle needs.
- Informed our team of the [Relay](#) service available to help those with hearing difficulties.
- Although we are largely an organisation for adults, we do have information and support for children, young people and students via our website, as well as our [Helping Your Child](#) service and a [selection of books](#).
- We have additional information and blogs on age-related topics such as 'anxiety in the elderly' and 'menopause and anxiety'.
- If you wish to access our therapy services and have specific requirements, we will endeavour to match your requirements to a suitable Anxiety UK Approved Therapist .
- Our [training](#) and [webinar](#) services give the option to request any reasonable adjustments at the point of booking.
- We continue to learn and develop our understanding of the importance of equality and diversity. Our team have completed the following training sessions: Deaf awareness training, unconscious bias, equality and diversity, anxiety and autism and understanding bipolar disorder.

We're listening... if you have any specific needs, please ask. We will make any reasonable arrangements that we are able to in order to help you access the support you need.

Additionally, if you are a representative of a marginalised group or community, and would like to talk to us about our services, please get in touch: info@anxietyuk.org.uk