

Access therapy

Description

Become a member

Access therapy

Helping your child

Access to therapy through Anxiety UK's talking therapy service.

Why have therapy?

Offers tailored, effective support for anxiety. Therapists are available within days through Anxiety UK.

Explore the benefits of therapy

Therapy is available at just £20* per session. Enjoy the convenience of online sessions that fit around your schedule. (*based on household income)

Discover our therapy options

We offer five types of therapy. Select your preferred option using TherapGuide®, Anxiety UK's interactive tool.

Click here to read more.

Get therapy

It takes less than 5 minutes to apply. If you're over 18, it might be just what you need.



If not, explore our other services for anxiety.

Click here to submit a request for therapy today.

Please note members receive up to 75% discount on our non-member rate for therapy.



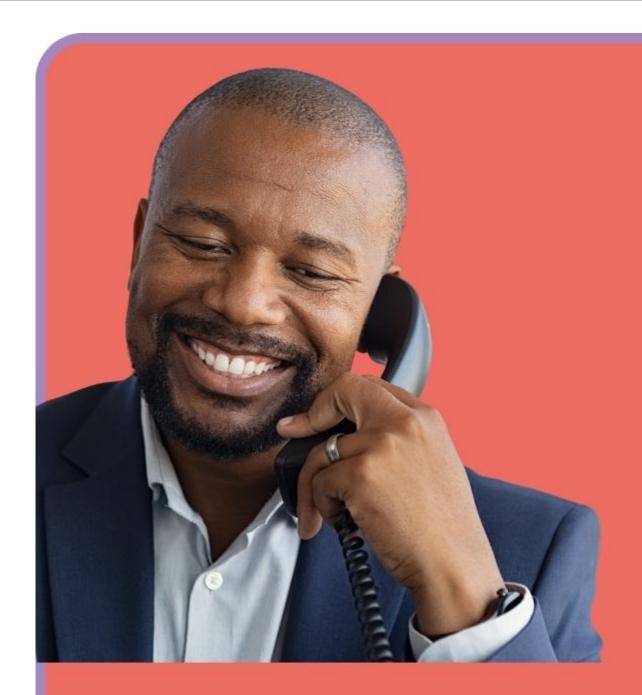




FAQs

Got a question? Click here for FAQs.

Read more



Strugg Need help



More support services

For details of our other services, click here.

Read more



Membership

Looking for more information, click for membership and resources.



Read more