

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](#)