

## Become a Member

### Description

[Get help](#)

[Access therapy](#)

[Helping your child](#)

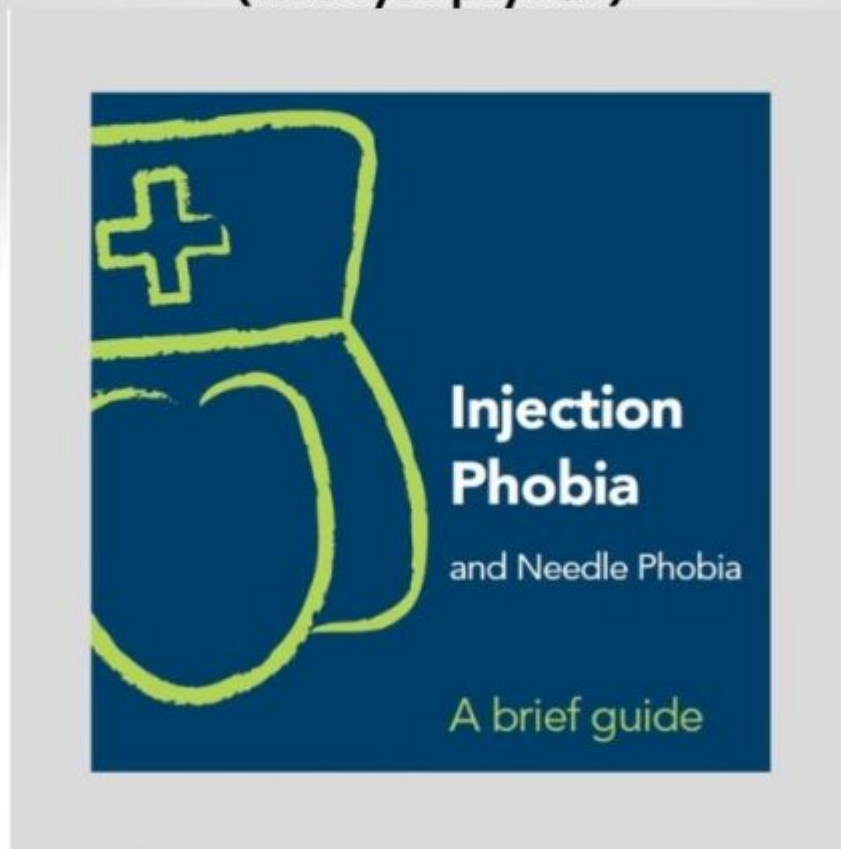
### Memberships –

*Join from as little as £20 a year*

Service/member benefit	Members' price	Non-members' price
<a href="#">1:1 talking therapy (CBT, EMDR, counselling, clinical hypnotherapy, Compassion Focused Therapy)</a>	From £20 per session	£80 per session
<a href="#">Anxiety support groups</a> – online, anxiety support groups, facilitated by Anxiety UK staff with lived experience of anxiety	Free.	Not available – members only

<a href="#">‘And Relax’ digital, monthly members’ e-magazine</a>	Free	Not available—members only	<a href="#">Anxiety management courses (led by Anxiety UK Approved Therapists)</a>	From £52inc. early booking discount	From £80inc. early booking discount	<a href="#">‘Anxiety Matters: Let’s talk about it’ webinars</a>	Free	Not available—members only	<a href="#">Art for Anxiety Relief (AFAR) courses</a>
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**Take out a membership in August  
and claim your free copy of our  
Injection and Phobia Booklet  
(When you pay P&P)**



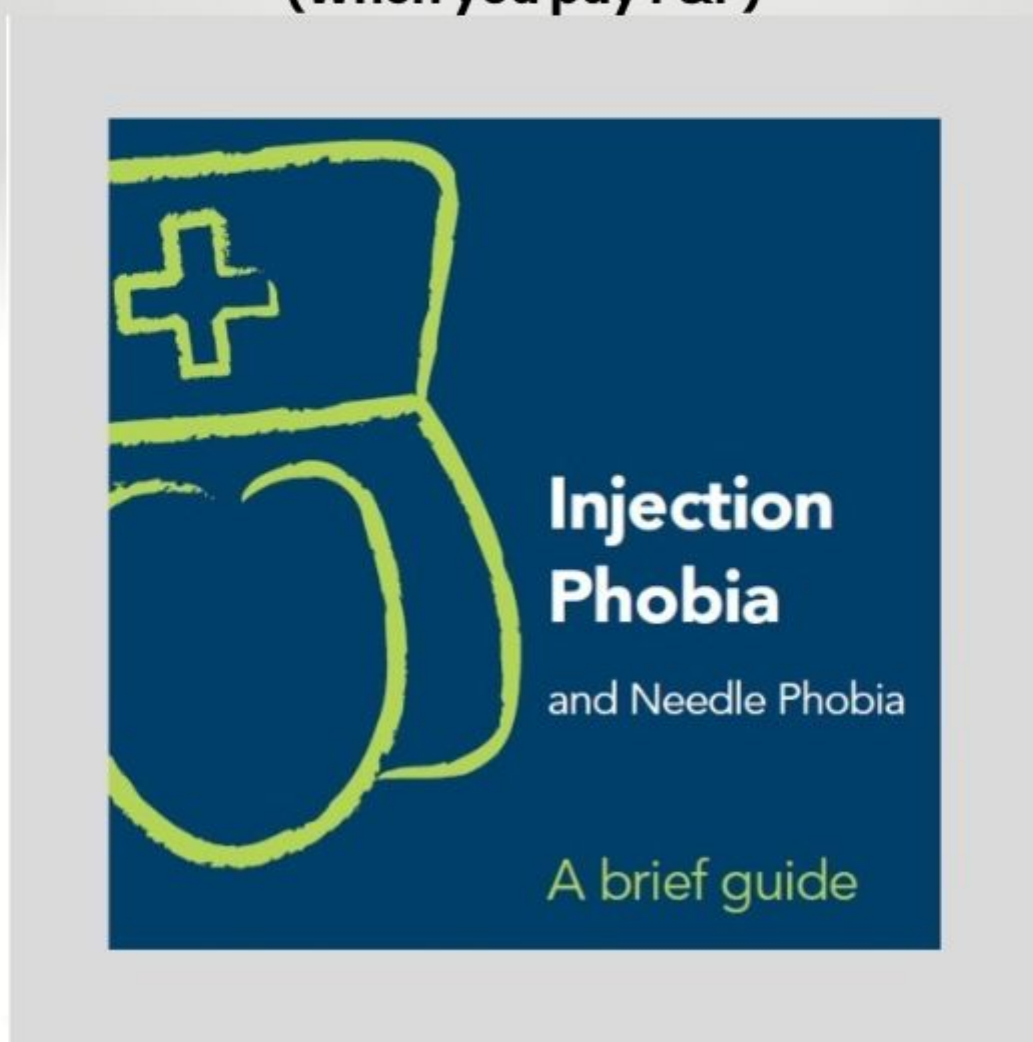
**Individual membership**

Open to anyone

From £40/year

- [More details](#)
- [Buy now](#)

**Take out a membership in Au**  
**and claim your free copy of**  
**Injection and Phobia Book**  
**(When you pay P&P)**



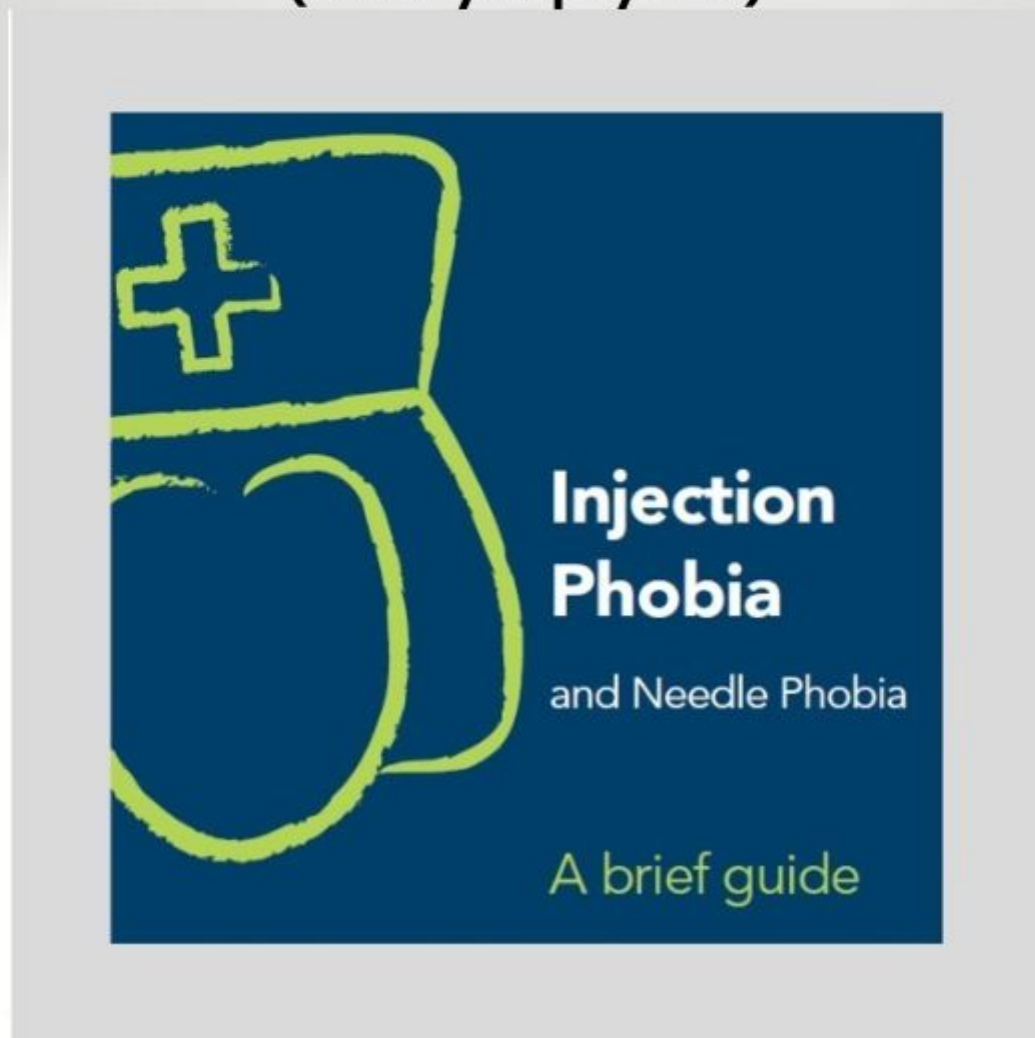
**Student membership**

For those in full-time university or college education and living independently

From £30/year

- [More details](#)
- [Buy now](#)

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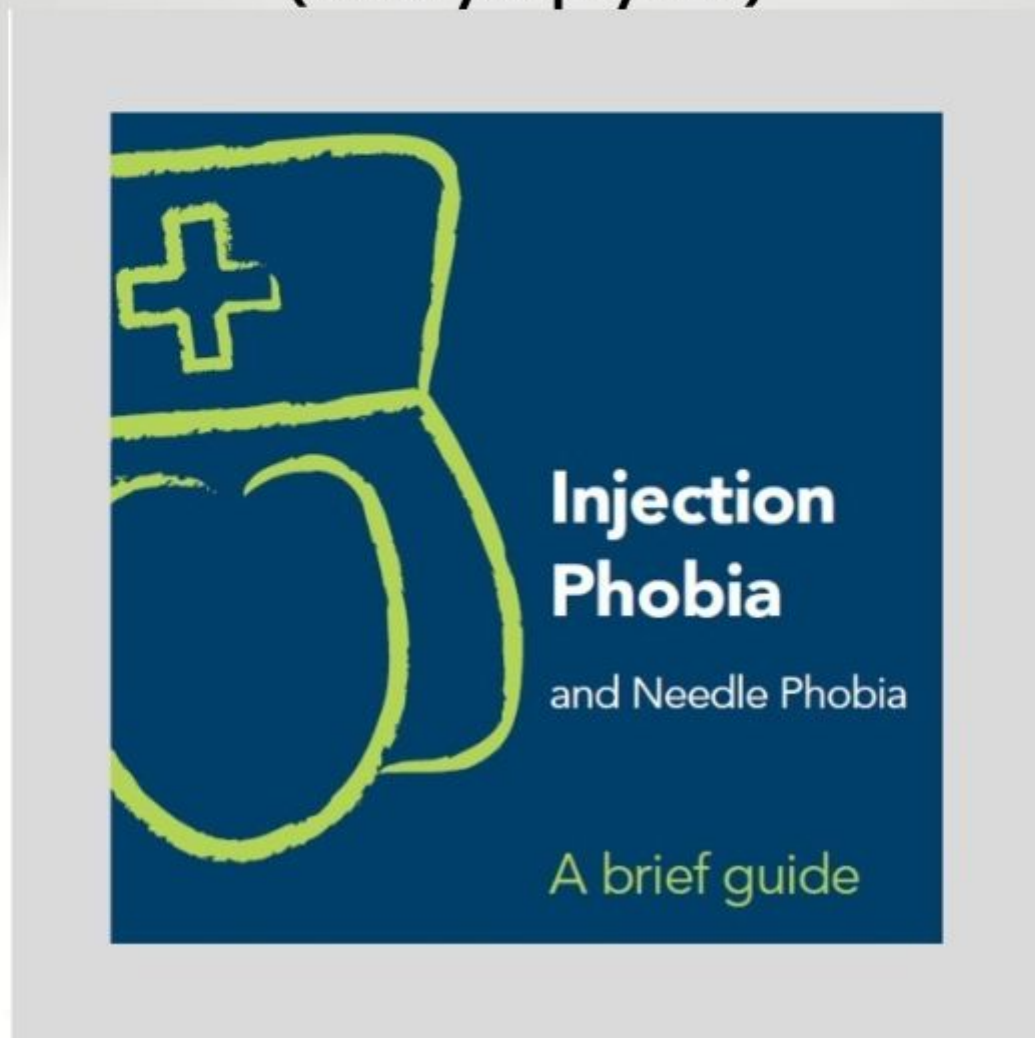
**Family membership**

For up to two parents and all children (including foster children) in the same household

From £65/year

- [More details](#)
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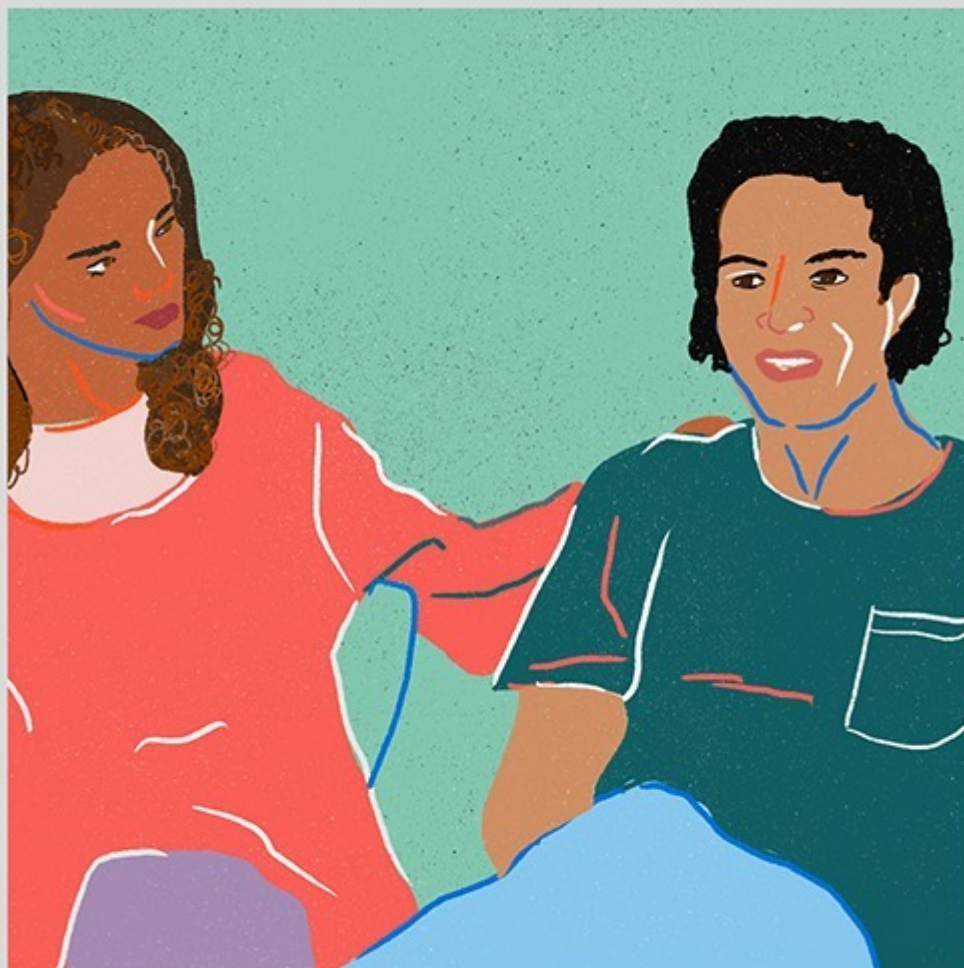


***Be Kind*** membership



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Discounted membership for those in receipt of means tested benefits/in financial hardship – proof of eligibility required



**Lifetime membership**

Access our services and support our work for life



## Group membership

For small groups, support groups, societies, fitness groups or shared interest groups etc.

**From £180**

- [More details](#)
- [Buy now](#)







## Workplace membership

For employers who want to invest in packages of support for their employees

From £27/head

- [More details](#)
- [Buy now](#)









## Discounted membership for Anxiety UK Approved Therapists

Discounted individual Anxiety UK membership for active Anxiety UK Approved Therapists

From £25

- [More details](#)
- [Buy now](#)

**Please note:** we are unable to offer payment plans. If you are unable to pay online, we can take payment over the phone, via cheque or postal order. Please note membership is only available to adults age 18 and above and in digital format only.