

Therapy Referral form

Description

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Therapy referral form

Please note: Our therapy services are for Anxiety UK members only.

Once you have [joined](#) Anxiety UK, please follow the steps below.

Complete the 'therapy referral form' -making sure you have to hand:

- Proof of your total household income (PDFs, photo files or digital documents)
- GP information

If you encounter any problem uploading your documents, you can also [email them to us directly](#).

Please be aware that before an Anxiety UK Approved Therapist is allocated to you, you will need to pay for an initial number of sessions in advance. Once you have submitted your therapy referral form, our team will review the information provided and contact you by email to confirm these payments. It is important that you have read our terms and conditions and [FAQs](#) before applying for therapy to avoid any delay or confusion in processing your application.