

Financial hardship support

Description

[Access therapy](#)

[Volunteer](#)

[Fundraise](#)

Financial hardship support

We know things are tough for many right now. That's why our [Be Kind membership](#) is now just £20 per year (that's 50% off our usual individual membership fee).

Why not check out our low cost/free [support resources](#) and other products which are reduced or on special offer.

Be kind membership

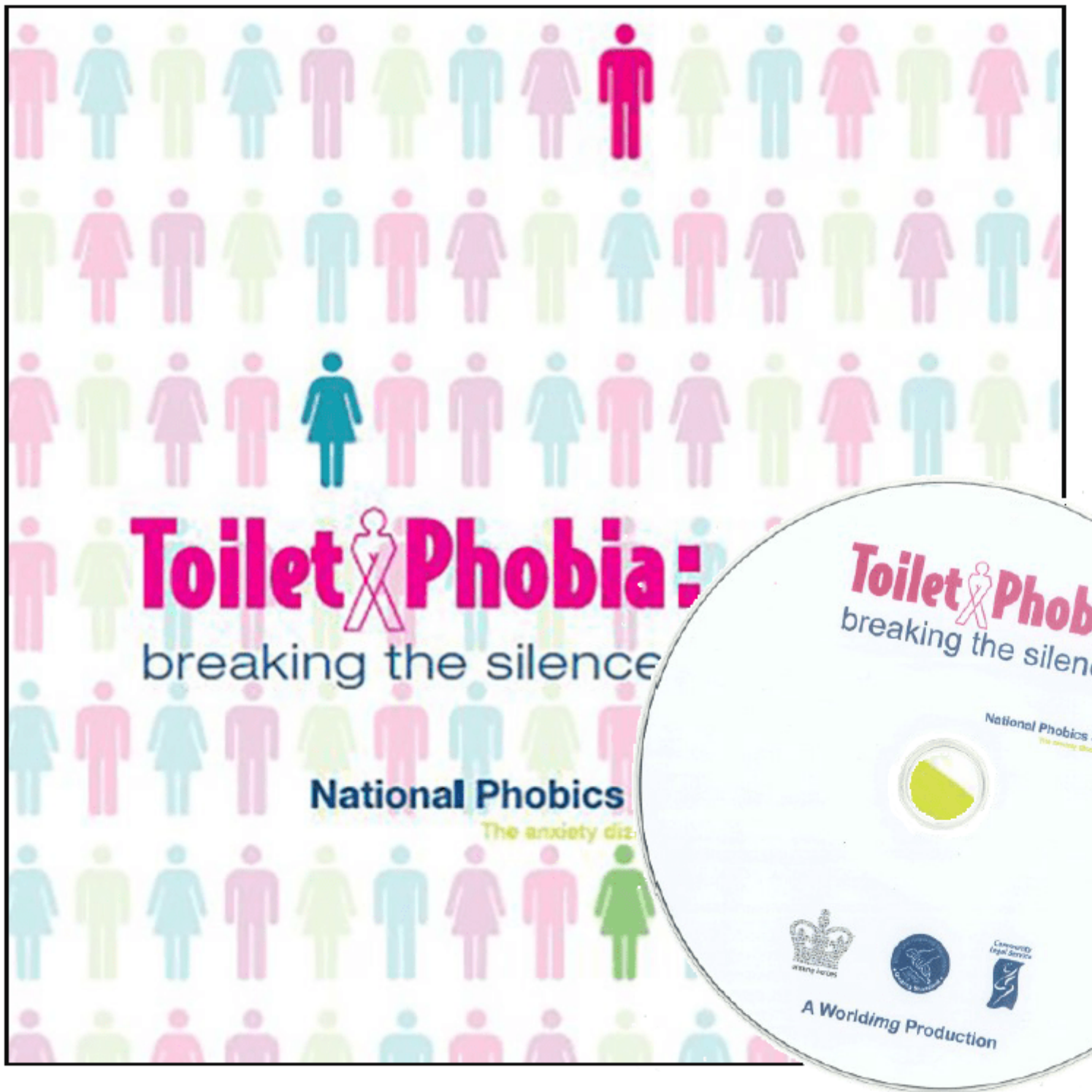
We offer a discounted, half price membership at just £20 a year, available to those in receipt of means tested benefits (under review). More details here: [Be Kind membership](#)



Low cost/free resources

We have a range of free – low cost resources on a wide range of topics on anxiety disorders and management of anxiety.

Download them [here](#).



TAUK to us access

Our 'TAUK' to us service provides personalised support and information/signposting for anyone living with anxiety, via a 30-minute confidential call.

If you're facing financial hardship and can't afford the usual service fee, Anxiety UK offers a limited

neck again next month.



*Struggling with anxiety?
Need help finding a way forward?*
Talk to us.

Special offers

We have a range of products on special offer including: nutrition and anxiety booklet, injection phobia booklet, health and wellbeing CD, amongst many others. Find them here: [Special offers](#)



Nutrition and Anxiety

An Anxiety UK Self-help Guide

Anxiety UK

Is your debt making you more anxious?

[Read our blog](#) – We constantly hear about the stress and anxiety being caused by financial pressures. In this blog we look at some tips from [Money Wellness](#).

Anxiety UK Therapy Benevolent Fund

Our Anxiety UK Therapy Benevolent Fund supports individuals who would otherwise be unable to receive therapy as a result of financial hardship, to access therapy via an Anxiety UK Approved Therapist.

Please note we are currently not accepting new applications for the Anxiety UK Therapy Benevolent Fund, this page will be updated as soon as the scheme reopens.

Help available from other organisations

National Energy Action (NEA)

NEA are a charity that help those in fuel poverty. They can provide advice and info about how to manage increasing household bills. You can find their free downloadable info sheets here: [NEA Advice and Support](#). We will also be hosting a webinar with NEA to provide you with further insight—date TBC.

For other financial support you can contact [Turn 2 Us](#), [money saving expert](#) and [citizens advice](#).

Mental Health Crisis Breathing Space

If you find yourself overwhelmed by debt and are receiving mental health crisis treatment, free help is available.

The Mental Health Crisis Breathing Space (MHCBS) offers you a break from the organisations you owe money to, so you can focus on your recovery. Find out more [here](#).

Simplifying Your Visa Application Process

In the UK, the Visa application process has moved entirely online. We are here to provide free step-by-step assistance if you don't feel confident using online forms, or do not have access to the internet or a device. Find out more [here](#).

Get Help with Online Court Forms

Our Digital Support programme helps people who do not have access to or are not confident completing online court and tribunal forms. We are here to provide free information and support on behalf of the HM Courts and Tribunals Service (HMCTS). Find out more [here](#).