

## Students and anxiety

### Description

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## Students and anxiety

Anxiety can affect anyone at any time, however, students often experience additional pressure during their time of study making school, college and university seem very daunting. This can be especially so if you have moved out of your family home and are living in a new area.

Because of this, we have a range of support available to students experiencing anxiety:

### Student membership & therapy

We provide a [discounted membership](#) for students in full time education and living independently. The cost of this membership is just £30 for the year. See all the benefits of membership and how to sign up [here](#).

#### Therapy

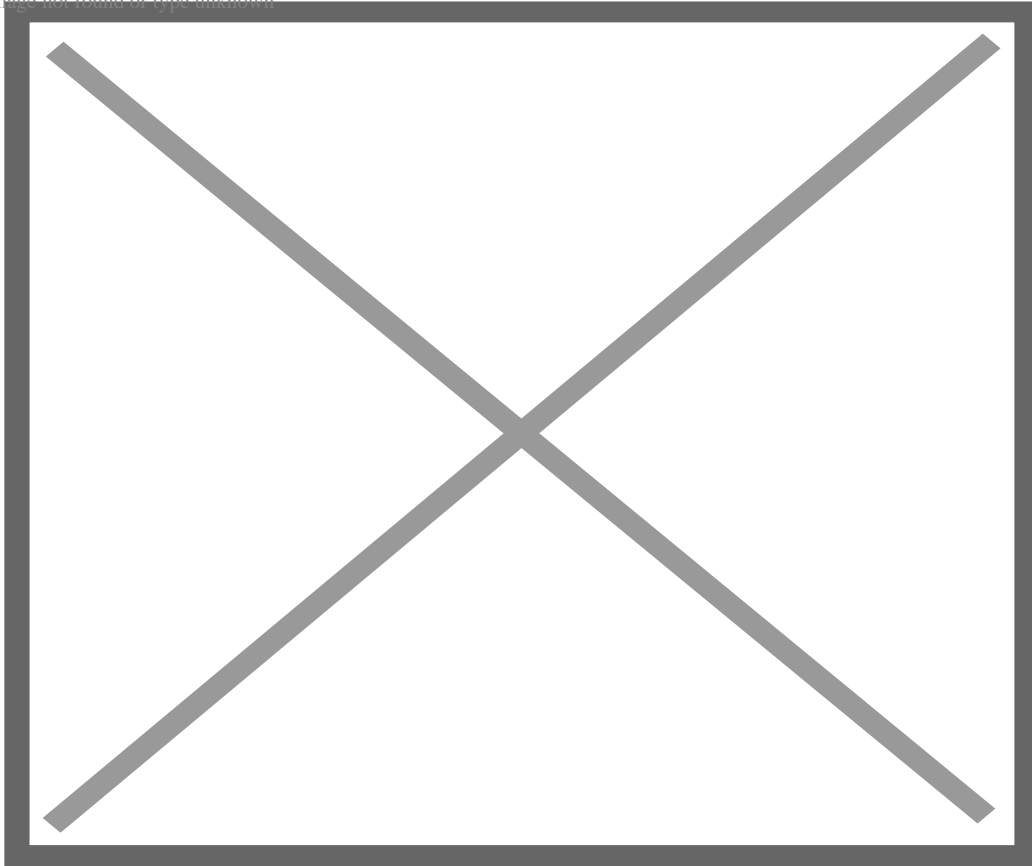
Once you have signed up to a student membership you can access our [therapy services](#) at a flat rate of £20 per session. We can provide therapy online, over the phone or face-to-face, if there is a therapist available in your area. Read more about therapy

[here.](#)



## Student resources

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- [Student Guide to Understanding Anxiety](#)
- [Exam anxiety guide](#)
- [Results Day stress and anxiety guide](#)
- [Stress & Anxiety booklet](#)
- [Self-help books](#)

## Blogs for students





- [Exams and university, when should you stop and recharge?](#)
- [Anxiety UK's top tips for managing exam stress](#)
- [Anxiety at university](#)
- [Helping students combat stress](#)



## Fresher's fairs and wellbeing events

If you have an upcoming student event and would like some information on Anxiety UK, we can provide booklets and may be able to arrange for a representative to host a stand to talk to students about the support available through Anxiety UK. Contact [admin@anxietyuk.org.uk](mailto:admin@anxietyuk.org.uk) for further info.

If you are a current member why not connect with other students on our members' message board? Head to the members' area and log in to read and post.