

Talk to us

Description

[Become a member](#)

[Access therapy](#)

[Helping your child](#)

‘TAUK’ to us

[Click here to book](#)

About the service

- 1:1 confidential call with a friendly, experienced Anxiety UK advisor.
- Chat for up to 30 minutes with an advisor who understands anxiety from personal experience.
- Receive personalised guidance, support, and information/signposting on anxiety.
- Space to talk about your anxiety.
- Find a way forward with your anxiety.
- Bespoke follow up email (if required).



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

Our 'TAUK' to us service provides personalised support and information/signposting for anyone living with anxiety.

We've over 50 years experience of providing support, and have a personal interest in helping make the despair caused by anxiety, a thing of the past.

Our friendly advisors are here to listen and help you find a way forward. Book a 30 minute confidential call for just £25.

Please note: this is NOT a crisis service. If you need urgent crisis support, please contact call NHS 111 and select option 2 for urgent mental health support. 18+ only

If your preferred time slot isn't available, we'd love to hear from you! While we can't promise a specific time of day, your feedback on the availability of this service will help us shape future options.

[Click here](#) to feedback on available slots for the 'TAUK' to us service

[Click here to book](#)

Also included

Every booking includes a summary email of recommended next steps

[Book here](#)

Easy to book

Complete our short booking form to arrange a call (bookable up to two hours in advance).

[Book here](#)

Our advisors

Our friendly advisors have a wealth of knowledge and understanding of anxiety and are here to help.

[About us](#)