

Therapy referrals requests

Description

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[Helping your child](#)

TAUK to us

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About the service

- 1:1 confidential call with a friendly, experienced Anxiety UK advisor.
- 30 mins via video or phone call
- Receive personalised guidance, support, and information on anxiety.
- Space to talk about your anxiety.
- Get support and comfort from people who understand.
- Find a way forward with your anxiety.
- Bespoke follow up email and free copy of the latest edition of 'Anxious Times' magazine.



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

Our TAUk to us service provides personalised support and information 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. Maybe you just want to talk, or perhaps are looking for a plan, either way we are here to help. 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

[Click here to book](#)

Also included

Every booking includes a digital copy our latest 'Anxious Times' magazine, worth £3.99.

[Latest edition 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](#)