

Fundraising

## Description

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## Thanks so much for choosing to fundraise for Anxiety UK!

With so many charities out there, we're really grateful you picked us. We wouldn't be here without amazing people like you, our supporters and volunteers keep us going, as we don't get any government funding.

### Thinking of running a marathon or 10k?

Just sign up for the event yourself (we don't buy charity places), then set up your [JustGiving page](#) to start fundraising.

**Got questions?** Drop us an email at: [admin@anxietyuk.org.uk](mailto:admin@anxietyuk.org.uk)

***Thanks again—you're making a real difference!***



**JustGiving™**  
100% goes to charity

## [Already planned your fundraising event?](#)

Please sign up to JustGiving, our preferred fundraising platform to get started!

[Read more](#)



## Not sure where to start?

Download our fundraising packs below for some helpful tips and ideas!

[Read more](#)



## Just want to donate?

Click the link below to donate or scan the QR code above to make a fast, fuss-free donation.

[Read more](#)



# Fundraising Pack

## Fundraising pack

[Fundraising pack](#)



# Fundraising Inspiration

**Fundraising inspiration**

[Fundraising inspiration pack](#)



# Fundraising Resources

**Fundraising resources**

[Fundraising resources pack](#)

[Find out about other ways to support Anxiety UK](#) including through eBay, PayPal Giving Fund and Charity Car.

## Benefits of fundraising

### Do good for us

Anxiety UK is wholly self-sufficient, relying on the kindness of fundraisers, donors and income generated from the provision of services to fund our work. Your help enables us to deliver vital services to those who need our support.

### Do good for you

A study by Cregg & Cheavens, 2022 found acts of kindness not only benefit the recipient but the supporter.

So, not only does your act of kindness benefit Anxiety UK, it may positively effect you too!

### Do good for the environment

For every fundraiser raising £100+, we'll [plant a tree](#).

Fundraise to:

**PROTECT** the environment,

**IMPROVE** mental health, and **REDUCE** anxiety

### [Fundraising form](#)

[JustGiving](#) is the easiest way to fundraise for us, allowing you to set up your page and collect donations online securely.

[If you're using JustGiving, there's no need to fill in the fundraising form below.]

## What our fundraisers say about us



*"I ran/cycled 200k for Anxiety UK in May 2022. I had contact from the charity from the moment I decided what I was doing and am still in contact with them now. I've never had a charity be so involved and genuinely interested in what I was doing and felt really supported all the way through. They posted on their social media about my event, checked in with me, congratulated me, nominated me for an award and reached out to ask me if I'd like to be a part of additional things. It made the challenge even more rewarding for me and I can't wait to hopefully work with them more in the future. Everyone I had contact with was so incredibly friendly".*



Maddy, Barcelona Marathon 2025

*"I chose Anxiety UK because I knew that I wanted to support a smaller charity through my fundraising, because it's motivating to know that the money stretches that bit further, rather than feeling like a drop in the ocean!*

*Secondly, I have struggled with anxiety and worrying and know how hard it is to get help through the NHS. Therefore, I wanted to fundraise for a charity which makes these services much more accessible."*