

Volunteer With Us

Description

[Become an Anxiety UK Approved Therapist](#)

[Volunteer](#)

[Fundraise](#)

Volunteer with us

Become a volunteer

- [National participation group member](#)

Supporting those with anxiety

We know that if you've been living with anxiety, stress and/or anxiety-based depression, voluntary work can be a very big step and there are many barriers that might deter you from volunteering.

However, we truly understand anxiety and provide a supportive environment for our volunteers.

As Anxiety UK is run by and for those with anxiety, if you have lived experience of anxiety and would like to volunteer, we'd love to hear from you.



National participation group member

About the role

Our national participation group is a group of volunteers who volunteer their time in a variety of ways, helping with tasks such as:

1. Undertaking book, app or other product reviews
2. Attending events
3. Contributing to media requests
4. Providing feedback on new or existing Anxiety UK services

Testimonials

*It has been a wonderful experience being a part of the AUK participation group. I have written some books reviews, and there are also opportunities to speak to a broader audience on anxiety and how to destigmatize it. ~ **Paul Gurney, Anxiety UK Participation Group Member***

*I joined Anxiety UK Participation to contribute to a cause that I care about, make a difference and use my skills in a productive way. The task I particularly enjoyed is beta testing and reviewing applications ~ **Grace Sanusi, Anxiety UK Participation Group Member***

*I have loved all of the tasks I have been a part of so far, it helps me learn more from a professional point of view and also makes me feel good to know that I am helping other people with anxiety. ~ **Gemma Lupton, Anxiety UK Participation Group Member***

[Apply to become a National Participation Group member](#)