

Get Involved

## Description

[Become an Approved UK Therapist](#)

[Volunteer](#)

[Fundraise](#)

## Get involved

Despite affecting around a fifth of the UK population daily, many people living with anxiety are simply told to “snap out of it”. Anyone who has lived with anxiety will know that it’s much more difficult than that.

In an Anxiety UK survey, 55% of respondents revealed that they didn’t feel comfortable about telling others about their anxiety. However, hiding it can lead to increased isolation, resulting in prolonged anxiety and delayed help.

Anxiety UK is the nation’s leading charity specialising in anxiety conditions and has helped over a million people since 1970. It’s estimated that we help someone who’s at their wits’ end every 14 minutes.

- By raising funds
- By making a donation
- Volunteering on our helpline
- Raising awareness of anxiety
- Involving your company
- Becoming an Anxiety UK Approved Therapist

To find out more details of how to get involved with Anxiety UK, enabling us to support thousands of people living with anxiety every year, please click on the drop-down links from this section.



## Donate

Anxiety UK is seeing a growing demand for our services year on year. In these anxious times for society it is more important than ever that individuals are able to access help and support when they need it. Every penny counts: £10 could help us to keep our user-led telephone helpline open: £50 could ensure that three people receive access to low-cost therapy.

[Donate](#)

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## Volunteer

Anxiety UK actively approved the inclusion of volunteer in all aspects of its work and recognizes the vital role that volunteers contribute to the organisation.

[Volunteer](#)