

## Media Centre

### Description

[Types of therapy](#)

[Free anxiety resources](#)

[Supporting others](#)

## Media Centre

We offer a range of services to the media, including, but not limited to:

- Comment on breaking news
- Interviews with experts and case studies
- Statistics

### Anxiety UK facts and statistics

[Up-to-date anxiety facts and statistics.pdf](#)



## Contact us

For all media enquiries please email: [media@anxietyuk.org.uk](mailto:media@anxietyuk.org.uk).

Please note: we are a small team, therefore media emails received may not generate an immediate response. Furthermore, we can only respond to media enquiries that relate to confirmed commissioned articles or broadcast items. This means that unfortunately we are unable to respond to enquiries from journalism students.