

Be Kind to yourself membership

Description



‘Be Kind to Yourself’ membership currently costs £20 a year and is available to those in receipt of means tested benefits and/or experiencing financial hardship (proof of eligibility required).

‘Be Kind to Yourself’ membership

Join Anxiety UK and get the support you need to manage anxiety.

As a member, you’ll have access to **affordable 1:1 talking therapies** including CBT, EMDR, counselling, compassion focused therapy, clinical hypnotherapy from only £20 per session (instead of £80), free online **anxiety support groups** led by people with lived experience, and **expert-led webinars** focused on anxiety.

You’ll also benefit from discounted rates on therapist-led **anxiety management and other courses**, a monthly **members’ e-magazine** – ‘And Relax’, free access to practical **digital guides** like our ‘Understanding Anxiety’, and exclusive **member discounts** on products and services.

Take control of your anxiety: join Anxiety UK today and connect with a community that truly understands.

[Become a member](#)