

Group Membership

Description



Our group membership is available to an assortment of groups including leading support groups, societies, fitness groups, or shared interest groups.

Group membership – non-profit charities and groups

Whether you are leading a support group, a society, a fitness group or a shared interest group, if you are a not-for profit organisation we provide specific group memberships to provide support for the mental well-being needs of its members. By taking out a group membership, you will not only be saving money, but your group will have access to reduced price training sessions held with one of our anxiety experts to further widen your knowledge on anxiety, stress and anxiety based depression.

If you are interested in working with us on behalf of a larger group than 20 people please contact us to discuss the options available for you to consider.

- **Up to 5 people:** £180 – saving of £20 from Standard Membership!
- **Up to 10 people:** £360 – saving of £40; one Membership free!
- **Up to 15 people:** £550 – saving of £50; almost two free Memberships!
- **Up to 20 people:** £720 – saving of £80; two free Memberships!
- **Up to 25 people:** £900 – saving of £100; almost three free Memberships!

[Become a member](#)

What do I get as a member?

Service/member benefit

Members' price

Non-members' price

Access to reduced cost therapies (Adults only)

Subscription to Anxious Times magazine

Access to our members' area and other free online resources

Access to our exclusive members' only online message boards

Complimentary gift of Understanding Anxiety booklet/Caregivers Guide

n/a

Not available to non-members

25% discount on purchases of Kalms Lavender One-A-Day Capsules made via Kalms

10% off a Listening Books membership (usually costs between £20 to £45 per year)

25% discount on The Mood Club cards for me range

[Anxiety UK Approved Therapist-led anxiety management courses](#)

£45

£75

[Anxiety support group](#)

£1.10

£11

[Art for Anxiety Relief \(AFAR\) course](#)

£30

£60

Accessing Therapy

Your Anxiety UK membership grants you access to reduced cost therapies (including Clinical Hypnotherapy, Cognitive Behavioural Therapy (CBT), Counselling and Acupuncture). Once you have applied for your therapy you will be contacted by a therapist and seen within 2 weeks.