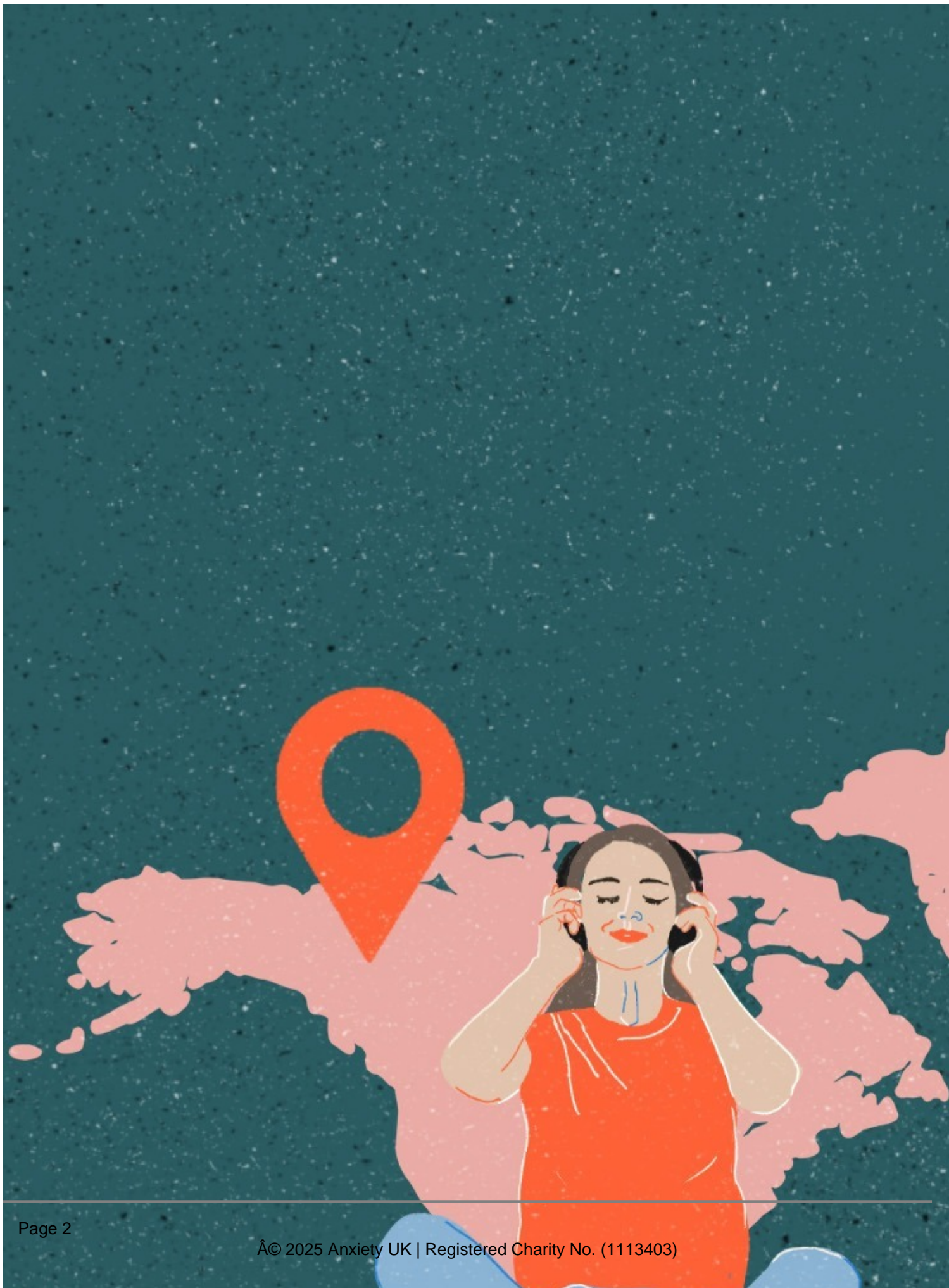


Non-UK membership

Description



Residents in the EU and abroad can access the benefits of an Anxiety UK membership.

Non-UK membership

Becoming a member of Anxiety UK not only gives you /your loved one/friend access to a range of support, but helps others too as your membership subscription contributes to the running of the vital services that we provide.

For example, your annual subscription will help us:

- Keep our website, Anxia® app and Ask Anxia® chatbot up and running
- Maintain (and expand) our talking therapy service which supports thousands of people each year
- Support anxiety research
- Maintain our self-care, infoline service
- Deliver our 24/7 helpline to us service

Take the first step towards supporting yourself and others in joining Anxiety UK, thereby enjoying the benefits listed below (subject to change).

It is only available in digital format with effect from the 1st April 2024.

[Become a member](#)