

Family membership

Description



A family membership costs Â£65 per year for 2 adults (18+) living at the same address and all children including foster children. For the purposes of the family membership, a child is defined as a person under the age of 18 and living in the same household as the parent.

Family 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](#)