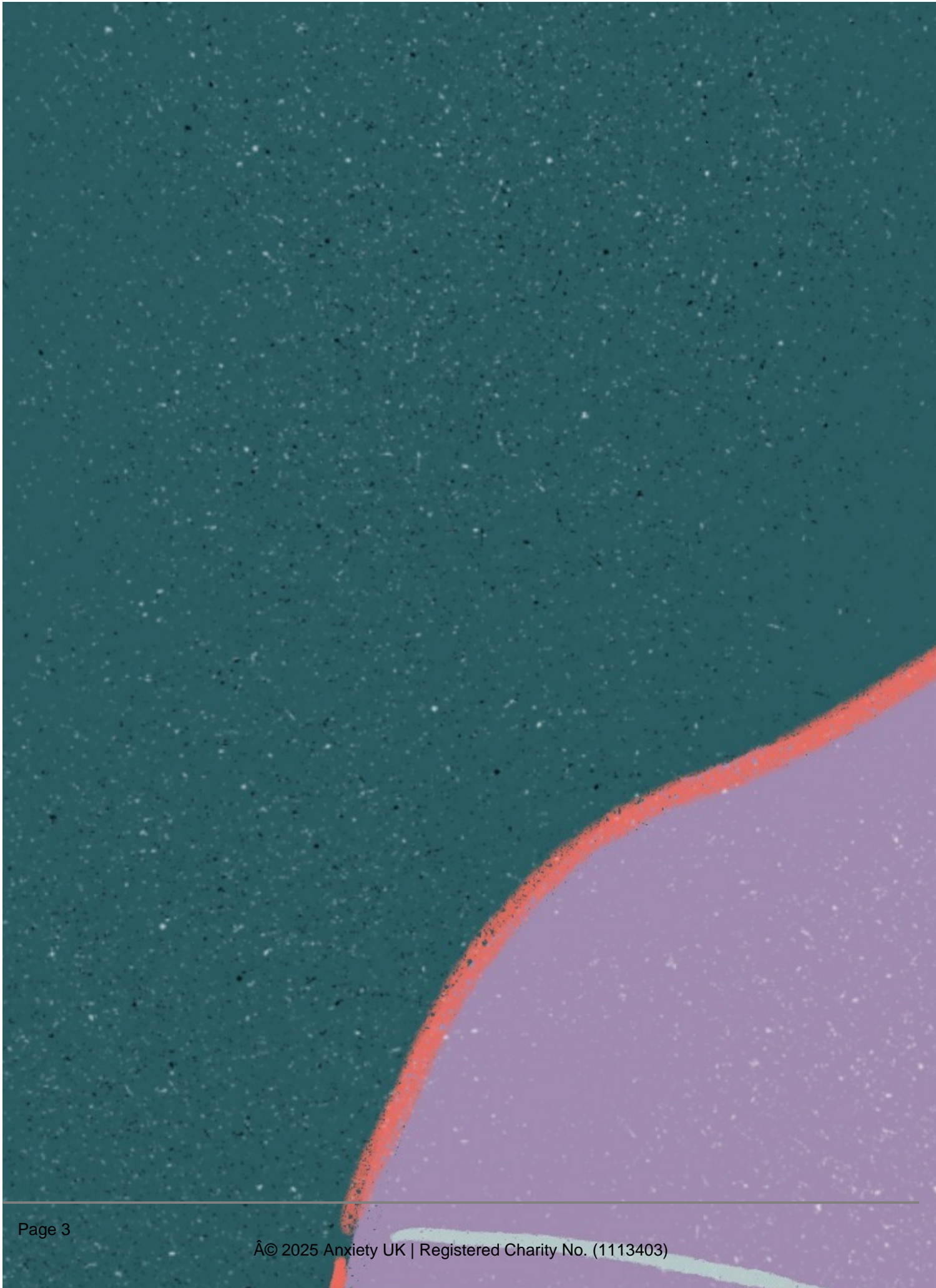


Individual Membership

Description



UK Individual membership costs Â£40 a year

Individual membership

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

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

Youâ??ll also benefit from discounted rates on therapist-led **anxiety management and other courses**, a monthly **membersâ?? e-magazine** â?? â??And Relaxâ??, free access to practical **digital guides** like our â??Understanding Anxietyâ??, 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.

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