

Promotional

## Description

[Join Anxiety UK in August and claim a free copy of our injection and phobia booklet\\*](#)

## Previous Announcements

[TAUK to us](#) [Discover our therapy options with TherapGuide®](#)

## Join Anxiety UK in August and claim a free copy of our injection and phobia booklet\*

We know that times are tough, that's why every month, we're bringing you special offers to make things just that little bit easier.

Join Anxiety UK in August and claim a free copy of our [needle and injection phobia booklet](#) **when you pay for P&P.**

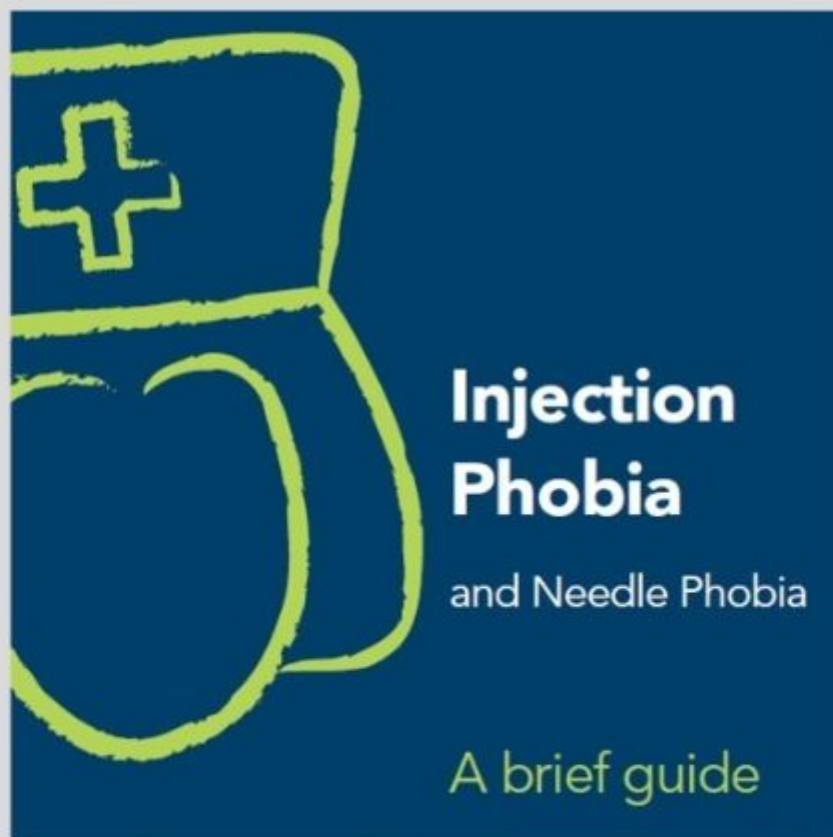
**Existing** and new **Anxiety UK members** can claim a free copy of this booklet when using discount code **AUK25AUG**

*\*The discount code is valid for purchases made between 1st and 31st August 2025 and only available to **Anxiety UK members with an active membership.***

*\*The promotional discount is subject to product availability, P&P fees apply and are not discounted.*

*This promotion is subject to our terms and conditions which can be [found here](#).*

**Take out a membership in August  
claim your free copy of our  
Injection and Phobia Booklet  
(When you pay P&P)**



Anxiety UK

**TAUK to us**

Welcome to our [TAUK to us](#) service! We're here to offer personalised support and information for anyone living with anxiety.

With over 50 years' experience, we care about helping you overcome the challenges anxiety brings.

Our friendly advisors are ready to listen and help you find a way forward. Whether you want to chat or need a plan, we're here for you. Book a confidential, 30-minute call for just £25.

[Click here for more details](#)



**Struggling with anxiety?  
Need help finding a way forward?**

[Click here to talk to us](#)

**Anxiety UK**  
Here for you since 1970

## Discover our therapy options with TherapGuide®

We offer five types of therapy. Select your preferred option using TherapGuide®, Anxiety UK's interactive tool.

[Click here to read more.](#)

