

## Reviews and testimonials

### Description

[Become a member](#)

[Access therapy](#)

[Helping your child](#)

# Anxiety UK Reviews and Testimonials

### Why Anxiety UK reviews are important

For the Anxiety UK team to fulfil our mission, it is important that we hear from people we have supported

Every review helps us improve our sessions and range of services. The feedback provided in the reviews includes important personal experiences when accessing and using services from Anxiety UK.

At Anxiety UK, we believe that every response from people who use our service is useful in helping us build up a clear picture of what is working and what may need to improve.

By encouraging this kind of feedback on the support services and therapy that we provide, we can ensure that we are doing everything we can to support people with anxiety and their wellbeing.

### Meeting Anxiety UK strategic objectives to combat anxiety

At Anxiety UK, we have specific priorities and strategic objectives. You can read more about our mission and values [here](#).

### When and how Anxiety UK asks for reviews and feedback

The Anxiety UK team encourage people to come forward with feedback and respond to the review request when they have completed therapy with an Anxiety UK Approved Therapist.

Our team will ask for a personal review when therapy is completed. Similarly, course and group facilitators will ask for a review when a course or session is complete. We may also ask for a review once a webinar or podcast is broadcast by including links in the chat window, where relevant.

Anyone who accesses any of our support services is very welcome to leave a review, including those

who have used our 'Ask Anxia®' service.

## How to leave a review for Anxiety UK

We may ask you if you are happy to leave a review via the Anxiety UK Google [profile here](#)

Google will provide a prompt to sign into a Google or Gmail account. However, it is still possible to leave a review without signing in or creating an account.

Please find more information on our ["Anxiety UK Reviews Guidance page"](#)

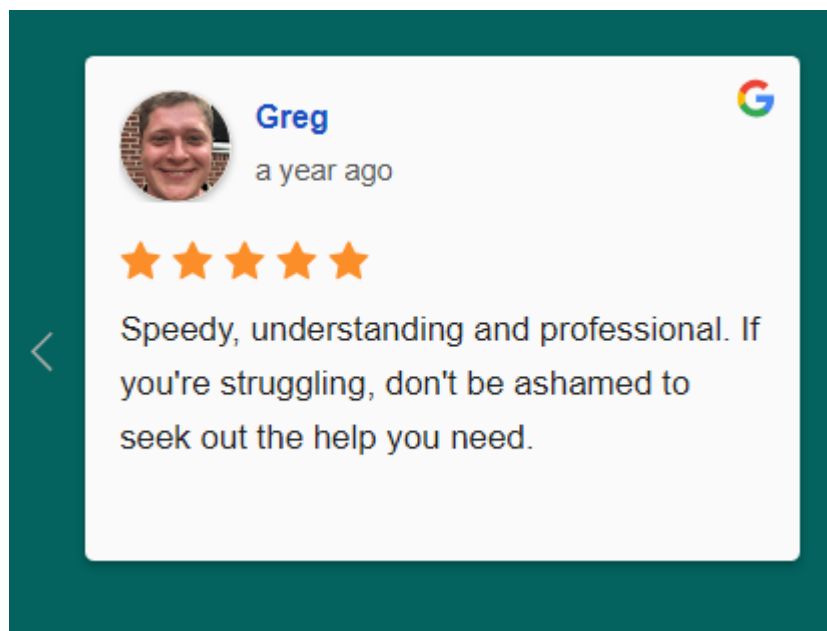
## Why leave a Google review?

Organisations often ask for reviews to gather data on what is working and to get tips for improvement.

As a charity that is dedicated to helping people with anxiety and anxiety disorders, whether that's living with panic attacks, generalised anxiety disorder (GAD) health anxiety, agoraphobia, social anxiety disorder, phobias including emetophobia, claustrophobia and arachnophobia (and other specific phobias), panic disorder, panic attacks, trichotillomania, obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD) and compulsive skin picking disorder (CSP), we find all feedback helpful.

Our aim is to help as many people as possible that are affected by anxiety, and reviews are incredibly useful so that we can improve for the future.

Research indicates that reviews help people make better decisions when deciding whether to use a company, therapist or other service.



## Anxiety UK reviews and Google

# Recent Anxiety UK Reviews and Testimonials

## **Robert left a 5-star review for Anxiety UK on 17 April 2023:**

“The help and assistance provided by Anxiety UK is first class, and available in a format to suit the patient’s preferences. For anyone with concerns about engaging in anxiety counselling, fear not, it is a wonderful non-intrusive experience that works.”

## **JJ left a 5-star review for Anxiety UK support groups on 25 January 2022:**

“I regularly attend one of the three anxiety support groups which run on Mondays, Tuesdays, and Thursdays. I find them hugely beneficial and a safe space to share what is on your mind. The facilitators are well trained and very encouraging and the group members, some of whom are regulars, are mutually supportive, kind and helpful. Above all, they get what it feels like to feel anxious so no need to explain. Thank you, Anxiety UK, for being there.”

## **Liam Mends left a 5 star review for Anxiety UK as a helpline volunteer on 24 December 2022:**

“I volunteered for just over 6 months with anxiety UK on their helpline. The support and training we received was excellent and the experience was invaluable! The work they do is so important and they offer a variety of methods for support for those struggling with anxiety. Among the free support which is provided there’s a membership which allows you to gain access to lots more for just £40 a year which includes a smaller fee for those on benefits. This also gives you access to reduced cost therapy which is really helpful and again, the cost is based on your household income which makes it even more accessible. Overall, working with anxiety UK was a great experience and I would recommend it to anyone who wants to gain experience working within mental health or if they just want a way to help others.”

## **How to access our services**

Head to our [FAQ](#) and contact pages to find out all the ins and outs [about our resources](#) if you need help with any aspect of anxiety.

Mental health problems and anxiety can affect anyone at any time, and we aim to help people who are affected by anxiety and anxiety associated conditions or phobias. These include panic attacks, generalised anxiety disorder (GAD) health anxiety, agoraphobia, social anxiety disorder, phobias including emetophobia, claustrophobia and arachnophobia (and other specific phobias), panic disorder, panic attacks, trichotillomania, obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD) and compulsive skin picking disorder (CSP).