

Support for Non-Profit Organisations

Description

Supporting not-for-profits, charities and groups

- [EAP support](#)
- [Groups & courses](#)
- [Workplace training](#)

Anxiety UK and charity partnerships

Anxiety UK is the market-leading third sector provider of EAP services for charity organisations. We offer quality-assured services with a 50 year strong, proven track record of excellence. We recognise the importance of providing tailored and bespoke support programmes that help the beneficiaries and/or staff of charities and other not for profits to maintain a mentally healthy workplace.

Our **pay-as-you go EAP solution** offers flexible, affordable support for your beneficiaries/staff members.

What do I get as a member?

- Access to reduced cost therapies
- Subscription to Anxious Times magazine
- Access to our members' area and other free online resources
- Access to our exclusive members' only online message boards
- Complimentary gift of 'Understanding Anxiety' booklet/'Caregivers Guide'
- 25% discount on purchases of Kalms Lavender One-A-Day Capsules made via Kalms
- 10% off a Listening Books membership (usually costs between £20 to £45 per year)
- 25% discount on 'The Mood Club cards for me' range

**All services are subject to change. Anxiety UK reserves the right to vary and/or withdraw services and membership benefits at any time.*



Charity EAP support

This support option provides a more flexible, and tailored service compared to traditional EAP offers; allowing your organisation to refer staff/beneficiaries for a comprehensive Wellbeing Assessment, followed by provision of a one-year Anxiety UK membership, recommended resources and therapy support. The one hour Wellbeing Assessment covers self-care, resource and therapy service recommendations. A summary of the Wellbeing Assessment outcome is provided to the commissioning/purchasing organisation, for approval of next steps. Should the staff member/beneficiary/client require therapy, this can be facilitated via a referral to an Anxiety UK Approved Therapist, funded by the commissioning/purchasing organisation.

Benefit	Group membership	EAP service
Annual membership of Anxiety UK	Yes	Yes
Access to self-help and guided support materials	Yes	Yes
Discounts on Anxiety UK training packages	Yes	Yes
Access to talking therapy service	funded by beneficiary	funded by organisation
One hour well-being assessment	No	Yes
Access to full management of talking therapy service (including comprehensive data reports on service provision)	No	Please enquire further
Option to produce jointly branded resources	No	Please enquire further

For more information, please contact partnerships@anxietyuk.org.uk, or fill in the form [here](#).

Therapist-led anxiety management courses

Courses are facilitated by an Anxiety UK Approved Therapist who leads group sessions designed to provide tools, tips and techniques to help manage anxiety. Interventions covered in the course are based on the principles of Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT).

We can deliver courses specifically for a group of staff/beneficiaries; alternatively, organisations can fund an individual to join one of our courses, facilitated via provision of a unique access code.

Anxiety management course specifically for your staff/beneficiaries Contact us for a quote
Fund an individual to join our therapist-led, anxiety management course Contact us for a quote