

support groups

Description

Become a member

Access therapy

Helping your child

ONLINE

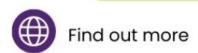


Anxiety UK Anxiety support groups

Benefits of attending a self help group:

- Share experience with like-minded people
- Reduce feelings of isolation
- Share coping strategies, tools and techniques
- Improve self-esteem
- Learn more about anxiety

ALL FACILITATED
VIA ZOOM



www.anxietyuk.org.uk/supportgroups



NEW anxiety support groups for Anxiety UK members only



- Struggling with anxiety?
- Looking for a safe space to share experiences and coping strategies with others who truly understand?

If so:

- Join our membersâ?? only, anxiety self-help groups.
- The person registering for the group must have an active membership in their name otherwise the booking will not be processed.

Next groups:

Thursday 28th August 2025, 1-2pm. Theme: (OCD) Obsessive Compulsive Disorder

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Thursday 25th September 2025, 3-4pm.

Theme: Stress and Anxiety

Bookings for the September group can be made from 2nd September

BOOK YOUR PLACE HERE

More info

- Free to Anxiety UK members.
- Each group lasts an hour and are facilitated by Anxiety UK staff with lived experience of anxiety.



- Places limited; first come, first served.
- Due to high demand, to ensure as many Anxiety UK members as possible can benefit, we reserve the right to limit the number of sessions members may attend.
- Groups are themed. Themes are detailed on this page (see above).

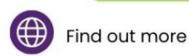
ONLINE



Anxiety UK Anxiety support groups

- Facilitated by Anxiety UK staff with lived experience of anxiety
- One hour each month
- Themed
- Confidential space
- Free of charge to Anxiety UK members
- 15 spaces per group

FACILITATED VIA



www.anxietyuk.org.uk/supportgroups



â??TAUKâ?? to us

For a 30 minute 1:1 confidential call with a friendly, experienced Anxiety UK advisor



Find out more

Self-care Infoline

Call 03444 775 774 for free access to information on our services and guided breathing exercises 24/7

Read more

Member Benefits

Visit the members area, for information on discounts, free to access resources and access to our latest magazine

Read more

Help others by providing advice and support to those in need.

Get help