

support groups

Description

[Become a member](#)

[Access therapy](#)

[Helping your child](#)

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**



Find out more

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

â??â??

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).**

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
ZOOM**



Find out more

www.anxietyuk.org.uk/supportgroups

Get in touch with 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](#)