



TherapGuide®

## Description

### [Testimonials](#)

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"I'm a therapist, it was clear, concise and to the point, and it gave me the results that I would expect."  
Nick

Anxiety UK Participation Group member

"If someone was looking for therapy they would definitely be guided in the right direction by using this."  
Sophie

Anxiety UK Participation Group member

"TherapGuide® is really handy in making me think about the types of talking therapy and aspects of it that I'd be happy (or not so happy) to go through."

Bethan

Anxiety UK Participation Group member

"I thought this test was great and offered types of therapy I had not even heard of before."  
Stephanie

Anxiety UK Participation Group member

"Detailed and informative the service is great."

Tammy

Anxiety UK Participation Group member

"I found it easy to use and it gave me some good options to think about."

Gemma

Anxiety UK Participation Group member

"I think it's a great tool to make therapy more accessible and easier to understand on a personal level"  
Catia

Anxiety UK Participation Group member

"It was really easy to use and the recommendations were the types of therapy that I've gotten the most out of in the past."

Carl

Anxiety UK Participation Group member