

Anxiety UK training and consultancy services

Anxiety UK is the country's leading anxiety disorders charity and has a wealth of experience delivering training and consultancy services to a wide range of organisations including major blue chip companies, SMEs, health bodies, schools and colleges and other voluntary sector organisations.

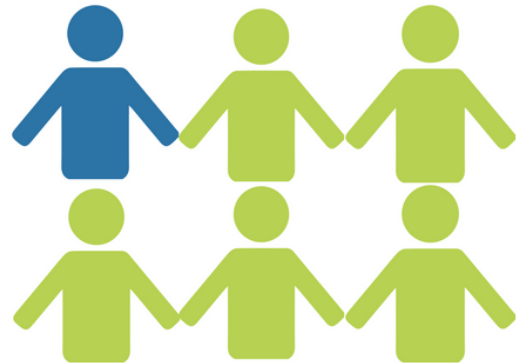


1 in 3 employees experience unmanageable stress at work

The training packages we deliver are bespoke to cater for your individual requirements. We will also undertake an audit of your workplace well-being initiatives and engage specialists to deliver dedicated specialised support.

Our training packages include but are not limited to:

- Stress and anxiety awareness
- Managing anxiety in the workplace
- Supporting stress and anxiety in young people
- Understanding panic attacks



1 in 6 members of an average workforce are affected by a mental health condition



1 in 10 young people will experience a mental health disorder

If you are interested in accessing our training and consultancy support services please contact services@anxietyuk.org.uk or call 0161 226 7727 for more information.

Anxiety UK EAP services and partnerships

Anxiety UK recognises the importance of providing tailored and bespoke support Employment Assistance Programmes (EAP) to companies wishing to maintain a mentally healthy workplace, and in turn, improve their staff retention, the mental wellbeing of their employees and, ultimately, improve

The market leading third sector provider of EAP services, we offer a bespoke service with an option to utilise our joint branding. You will therefore be recognised as an organisation that invests in and cares about mental wellbeing.



Our current EAP partners include:

What do we offer our EAP partners?

- Proactive account management with full Management Information Service reports
- Fully managed 1:1 therapy sessions with a nationwide network of therapists
- Unique tailored wellbeing client assessments
- Bespoke training sessions
- Dedicated Infoline and email support services
- Membership of Anxiety UK
- Joint branded information



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