

Anxiety UK
Here for you since 1970

separation toilet GAD sexual phobia blushing anxiety social emetophobia dental fear palpitations dizziness hyperventilation tension headaches SAD compulsive disorder phobia shaking stress obsessive fear OCD obsessive compulsive disorder PTSD hyperventilation claustrophobia SAD monophobia

AnxietyUK

stress Here for you

agoraphobia depression dizziness agoraphobia feeling sick SAD hot flushes anticipatory anxiety PTSD panic health anxiety SAD GAD claustrophobia body trichotillomania dysmorphic disorder postnatal anxiety trypanophobia OCD hyperventilation tension headaches

Here for you since 1970.

Anxiety UK



About us

Anxiety UK was established in 1970, and has grown to become a national organisation with an international reach, being run by and for, those affected by anxiety, stress and anxiety-based depression.

Many of our small staff team have their own lived experience and understand the distress, isolation and misery that anxiety can cause.

We believe strongly in choice and offer a variety of services to support people affected by anxiety, including information and helpline services to talking therapy and courses.

Anxiety UK

Membership

You can join **Anxiety UK** in a number of ways; **as an individual, as a group, as a student, or as a family either annually, for 3 years, or even for a lifetime!**

Being a member also means you are doing your bit to help support us; ensuring we can continue to help others affected by anxiety, stress and anxiety-based depression in the years to come.



Find out more about membership here:
www.anxietyuk.org.uk/get-help/become-a-member/

Therapy services

We offer quick and **affordable access to therapeutic support** for our members.

Therapies offered include:

- **Counselling**
- **Cognitive Behavioural Therapy (CBT)**
- **Compassion Focused Therapy (CFT)**
- **Clinical Hypnotherapy**
- **Eye Movement Desensitisation and Reprocessing (EMDR)**

Our therapy services have shown to be effective (Tham et al 2022)¹

Whilst we're guided by the National Institute for Health and Care Excellence (NICE) and their treatment recommendations (**see here**), we offer flexibility in terms of the number of sessions available and how you can access therapy (face-to-face, by phone, or online).

We also offer 'top up sessions' which means that if you need support up to six months after your therapy has finished, you can still re-access support.

More details about our therapy service can be found at:

www.anxietyuk.org.uk/get-help/access-therapy/

*"Through **Anxiety UK**, I found a **counsellor** who was **really helpful** in working through **my issues.**"*

¹An evaluation of Anxiety UK's psychological therapy service outcomes (Su-Gwan Tham a, Nicky Lidbetter, Rebecca Pedley, Dave Smithson, Beatrice Lukoseviciute, Patricia Gooding)

Anxiety management courses and groups

Anxiety management courses

Our online, Anxiety UK Approved Therapist-led, anxiety management 6-week course runs on a weekly basis for 1 hour each week and is open to Anxiety UK members and non-members aged 18+.

The course equips participants with information and anxiety management strategies based on the principles of Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT) and Acceptance and Commitment Therapy (ACT).

Anxiety support groups

Our support groups offer a safe space for people aged 18+ to share experiences of anxiety and coping strategies with others in a supportive environment. Groups are facilitated online by experienced Anxiety UK group facilitators.

More details can be found at:
www.anxietyuk.org.uk/get-help/anxiety-uk-courses-and-groups/

Art for Anxiety Relief course

Art for Anxiety Relief is a six-week, hourly online course for people aged 18+, facilitated by artists with different styles of art.

Designed to focus on the benefits of art in the management of anxiety, Art for Anxiety Relief is open to both Anxiety UK members and non-members and is delivered online.

And Breathe ... welcome to Calm Club

Listen to our podcast series [here](#) on all aspects of anxiety.



Training workshops, courses and webinars

We have a wealth of experience in delivering online and face-to-face training, workshops and courses to a wide range of businesses, schools, colleges and other not-for-profit organisations on all aspects of anxiety, stress and anxiety-related depression including workplace anxiety.

We also run regular webinars on a variety of topics for individuals to further their understanding of anxiety.

*"The **training** gave us **tools** to **help** us **deal** with the **challenges of mental health** in the workplace."*



To find out more about our training services:
www.anxietyuk.org.uk/workplace/workplace-training/

Helpline services

Our helpline service provides help and support for anyone affected by anxiety.

10.30am to 4.30pm,
Monday to Friday.

03444 775 774



Ask Anxia

- not human but here to help

Use our website's 'Ask Anxia' service to have your questions on anxiety answered.



Text support service

07537 416 905



*"Anxiety UK showed me that **I wasn't alone** and that **I shouldn't be ashamed of having anxiety**"*



Support us and get involved

Help make the despair caused by anxiety a thing of the past by supporting our work in any of the following ways:

Volunteering

Anxiety UK wouldn't exist were it not for the time and support that we receive from our many volunteers and supporters.

If you are looking to give something back and/or find a way to put your personal experience of anxiety to good use, have a look at our volunteering opportunities:

www.anxietyuk.org.uk/get-involved

Fundraising

Support our work through participating in, or undertaking a fundraising event such as a sponsored run, cake sale or walk.

To find out more visit:

www.anxietyuk.org.uk/get-involved/fundraise

Anxiety UK Lottery

Play the Anxiety UK Lottery and support our work for as little as £1 a week. See:

www.anxietyuk.org.uk/get-involved/play-the-anxiety-uk-lottery

Leave a legacy

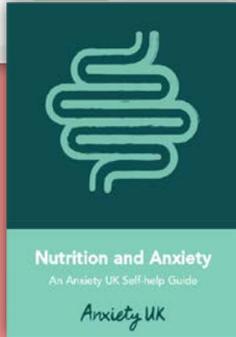
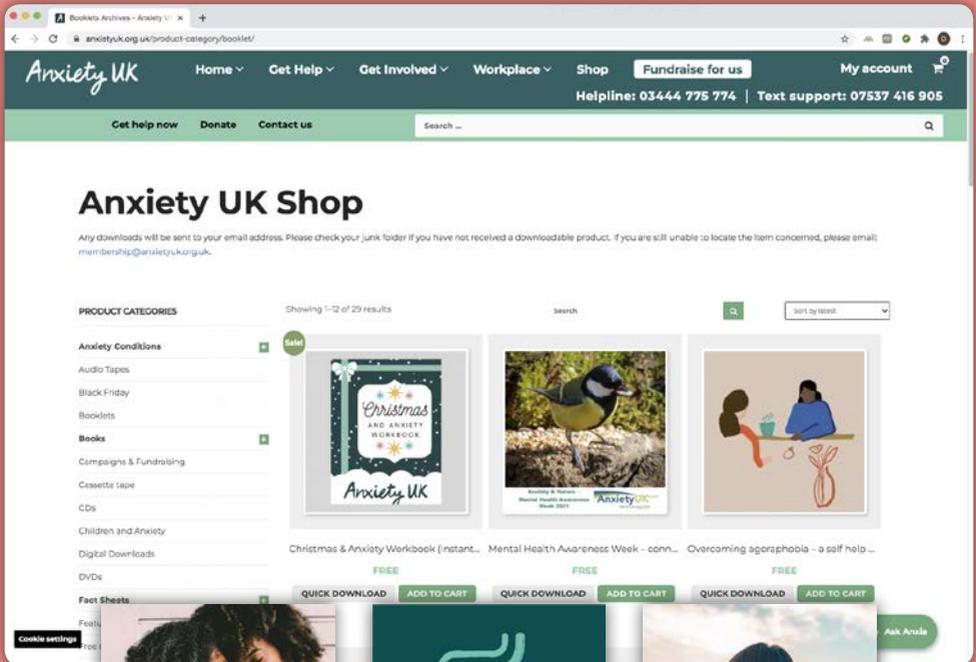
By leaving a gift to Anxiety UK, you will be helping us to help others affected by anxiety for generations to come.

No matter how big or small, every gift makes a difference. See:

www.anxietyuk.org.uk/legacies-and-in-memorial

Booklets

We have a wide range of resources and self-help guides and booklets covering a variety of topics on all aspects of anxiety.

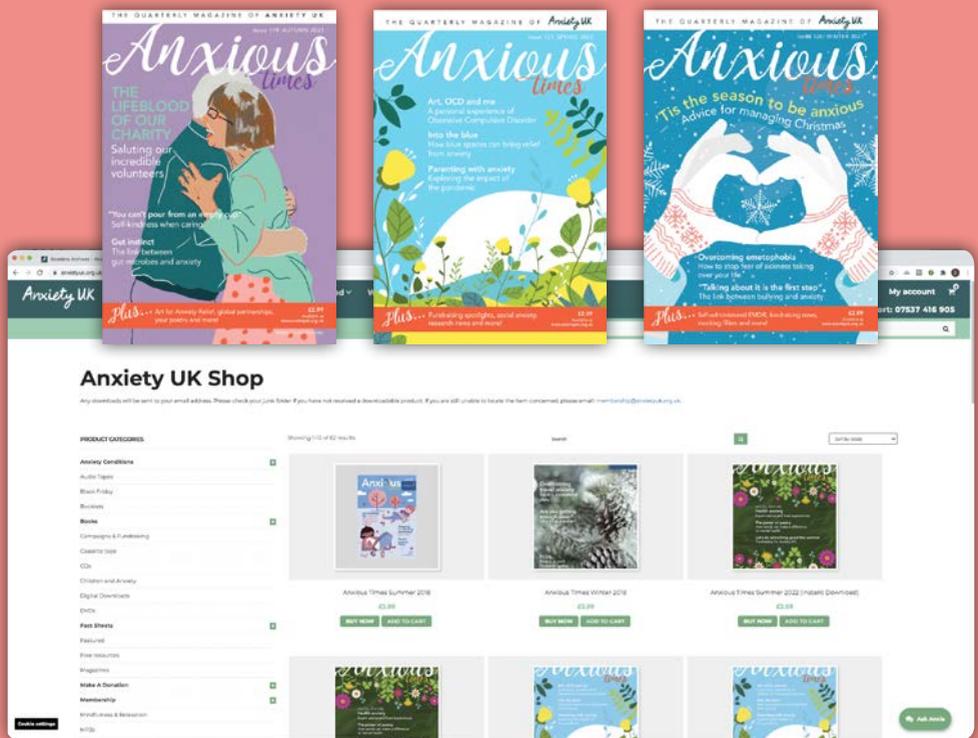


Many of these resources are free to download and can be found in our online shop here:

www.anxietyuk.org.uk/product-category/booklet

Anxious Times magazine

Anxious Times is our quarterly magazine containing the latest anxiety news, research, services as well as real-life stories, competitions, special offers and product reviews.



The screenshot displays the Anxiety UK Shop website. At the top, three magazine covers are featured:

- Issue 176 (Autumn 2018):** "THE LIFE BLOOD OF OUR CHARITY: Saluting our incredible volunteers." Includes a quote: "You can't pour from an empty cup. Self-kindness when caring." and a "Plus..." section: "Art for Anxiety Relief: global perspectives, your stories and more!" Price: £2.99.
- Issue 175 (Spring 2018):** "Art, OCD and me: A personal experience of Obsessive Compulsive Disorder. Into the blue: How blue spaces can bring relief from anxiety. Parenting with anxiety: Exploring the impact of the pandemic." Includes a "Plus..." section: "First-aid specialists, mental anxiety research news and more!" Price: £2.99.
- Issue 174 (Winter 2017):** "Tis the season to be anxious: Advice for managing Christmas." Includes a quote: "Overcoming phobias: How to stop fear of needles taking over your life." and a "Plus..." section: "Self-compassion (EMER): Looking back, looking 'then' and now!" Price: £2.99.

Below the covers is the "Anxiety UK Shop" header with a search bar and a sidebar menu. The main content area shows a grid of products:

- Anxious Times Summer 2018: £2.99. Buttons: "BUY NOW" and "ADD TO CART".
- Anxious Times Winter 2018: £2.99. Buttons: "BUY NOW" and "ADD TO CART".
- Anxious Times Summer 2022 (Instant Download): £2.99. Buttons: "BUY NOW" and "ADD TO CART".
- Anxious Times Winter 2022 (Instant Download): £2.99. Buttons: "BUY NOW" and "ADD TO CART".
- Anxious Times Spring 2022 (Instant Download): £2.99. Buttons: "BUY NOW" and "ADD TO CART".

Available in digital and print format, find out more at:
www.anxietyuk.org.uk/product-category/magazine/

or join and get a year's worth of copies free:

www.anxietyuk.org.uk/product-category/membership/

Anxiety UK

Nunes House
447 Chester Road
Old Trafford
Manchester
M16 9HA

www.anxietyuk.org.uk



Anxiety UK Helpline 03444 775 774

Registered Charity Number: **1113403**
Company Number: **5551121**



Anxiety UK
Here for you since 1970