

Home New

Description

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Join Anxiety UK in August and claim a free copy of our injection and phobia booklet

We know that times are tough, in this way every month we're bringing you special offers to make things just that...

[View promotion](#)

Take out a membership in August and claim your free copy of our Injection and Phobia Booklet

Anxiety UK

Welcome to Anxiety UK

Striving to make the despair caused by anxiety, a thing of the past

At Anxiety UK, we're not just a charity – we're a small team driven by our own lived experience of anxiety to help others.

Backed by a committed team of passionate volunteers and expert clinical advisors dedicated to our mission, and with over 55 years' experience, we understand the challenges you face because we've experienced them ourselves.

Our aim is: *to make the despair caused by anxiety, a thing of the past.*

Founded in 1970 by Katharine and Harold Fisser from their home in Manchester, our charity was born from Katharine's personal experience of agoraphobia. The Fishers' vision was to create a community

of support for those struggling with anxiety – a vision we continue to carry forward today.

We are an entirely self-sufficient organisation and receive no grants or funding from any public body; relying wholly on the support and generosity of our members, supporters and fundraisers – driven by a shared commitment to support those with anxiety.

Whatever you're facing with anxiety, we're 'here for you'

We provide and deliver a wide range of information, services and activities including:

- 24/7 self-care information and resource line: 03444 775 774
- Extensive [membership support scheme](#) offering access to, and discounts on a range of services including therapy & courses, free anxiety support groups, and a free copy of our [‘And Relax’](#) members’ monthly, digital magazine
- [1:1 talking therapies](#) including CBT, counselling, EMDR, compassion focused therapy (CFT) and clinical hypnotherapy
- [Anxiety support groups](#) run by people with lived experience of anxiety – members only
- [TherapGuide®](#) tool to help you select the therapy type right for you
- [‘TAUK’ to us](#) anxiety advice & information service
- Therapist-led, [anxiety management courses](#)
- CPD supported, workplace [training courses](#) on anxiety
- [Information on anxiety medication](#) and anxiety disorders
- Funding research via our [Katharine & Harold Fisher Anxiety Research Fund](#)
- [Podcasts, webinars](#), and [blogs](#)
- Leading the [Global Informal Anxiety Alliance](#)
- Creative [Art for Anxiety Relief \(AfAR\) courses](#)
- [Campaigns](#) on topics of relevance and concern to the anxiety community
- Ask Anxia® chatbot information service, and Anxia® app
- [‘Help your child’ guided parent-delivered CBT service](#)

Our Memberships

[See more](#)

Download our brochure:



Download our Anxia[®] app, available on Android and Apple



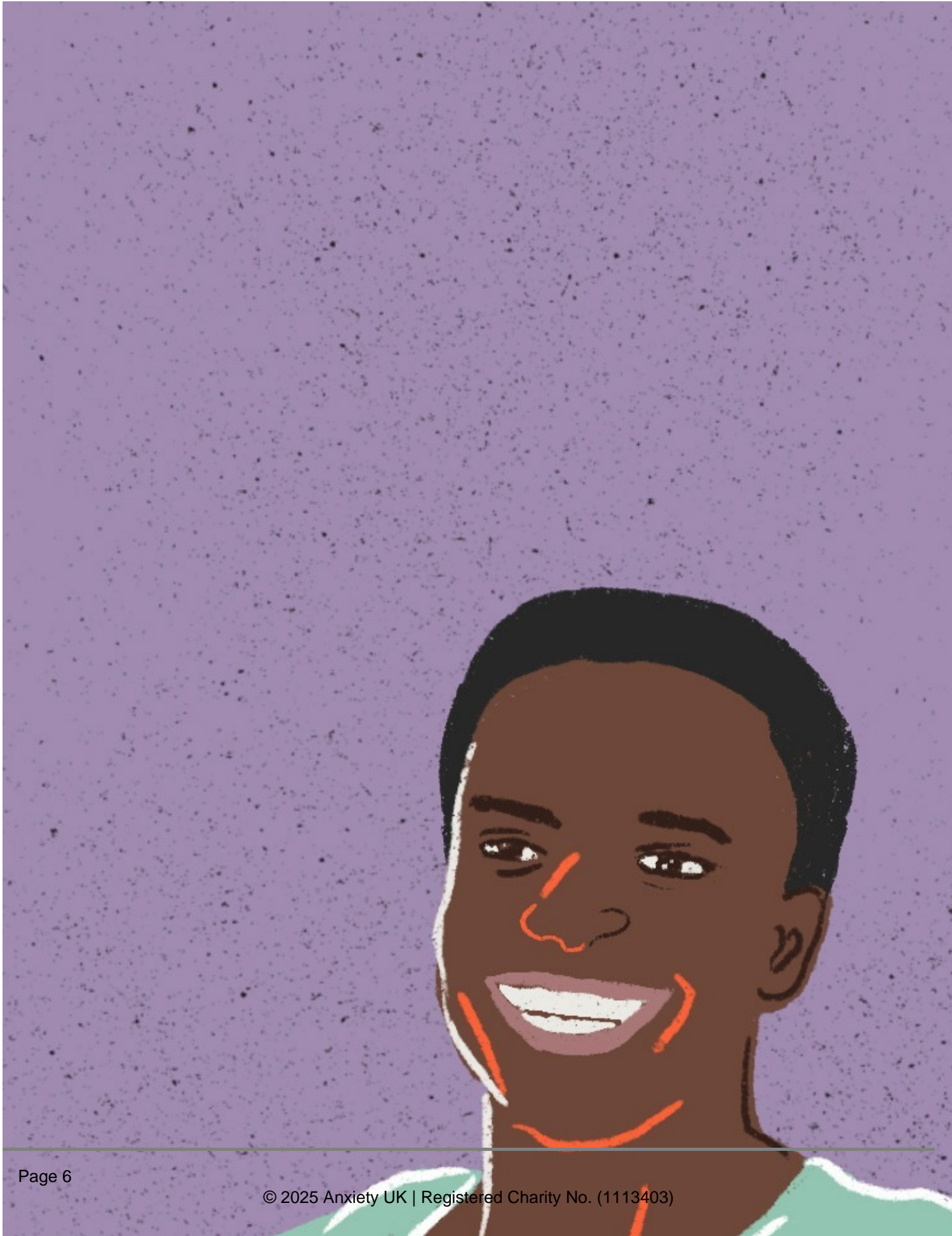


[Become a member](#)

Joining Anxiety UK as a member brings you a wealth of benefits and the opportunity to be part of our community of support.

Whether you join as an individual, student or family member or even as a group or corporate member, we're here to help you.

[Find Out More](#)



Therapy

At Anxiety UK we believe in choice; offering a wide range of therapy options including Counselling, Cognitive Behavioural Therapy (CBT), Clinical Hypnotherapy, Compassion Focused Therapy (CFT) and Eye Movement Desensitisation & Reprocessing (EMDR) therapy. Available across the whole of the UK, delivered by our team of Anxiety UK Approved Therapists online, by phone and face to face.

[Access Therapy](#)



[Anxiety UK courses](#)

Therapist-led anxiety management and Art for Anxiety Relief (AfAR) courses that give members and non-members access to support and anxiety management strategies, from the comfort of their home.

[Sign Up Here](#)



[Fundraise for us](#)

Anxiety UK strives to improve the quality of life for anyone affected by anxiety and anxiety disorders. We rely solely on the generosity of our supporters and members to continue this valuable work.

[Sign Up Here](#)



[Anxiety UK](#) [@AnxietyUK](#) ·

10h [1953531661922025889](#)

Anxiety UK has teamed up with @ICEBenfund to provide support for #civilengineers and their family, who are, or have been members of ICE that are living with #anxiety, #stress and #depression. For more info, visit: <https://www.icebenfund.com/our-services/wellbeing-support/anxiety-uk/>

#civilengineers

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Make a difference today by supporting #AnxietyUK! ? Your donation directly helps us provide vital support for those managing anxiety and ensures we can continue our important work.

See how your contribution makes an impact here: <https://www.anxietyuk.org.uk/donation/>

#DonateForACause

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[15h 1953456269236269174](#)

Do you experience #deathanxiety?

This underlies many types of mental health diagnoses, such as #healthanxiety, #depressivedisorders, #panicdisorders and more.

This guide will help you better understand your fear of death & give you the tools to overcome it:
<https://bit.ly/4dUwypP>

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Train with AUK

Expert Guidance: Learn directly from one of the UK's leading CFT practitioners.

All Online, Maximum Flexibility: Train from your home or office.

Interactive & Practical: Small group atmosphere, immediate application in your client work.

Stand Out: Add a...

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[21h 1953365580729176491](#)

Anxiety UK welcome the new '#DiagnosisConnect' initiative which seeks to connect people living with long term conditions to charities and support organisations. We hope that this service will help people with #anxiety get access to more help, support and information in connection...

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AUGUST OFFER for all new and existing Anxiety UK members!

Get yourself a FREE hard copy of the injection phobia workbook this August. Just pay P & P??
<https://bit.ly/4kPQYCc>

#AnxietyUK #Anxiety #InjectionPhobia #Booklet #Free

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Are you in Dundee this month and want to raise funds for Anxiety UK? Take part in the Dundee Kiltwalk...

Take a look here and register: <https://thekiltwalk.co.uk/>

#Fundraiser #Kiltwalk2025 #Dundee #AnxietyUK

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Why train with Anxiety UK?

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Stand Out: Add...

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Do you experience #toiletphobia? It can easily disrupt your day to day life & restrict you. We have FREE Toilet Phobia Booklets and DVD's available for those who need support overcoming this!

All you need to do is pay post and packaging. Get yours today:

<https://www.anxietyuk.org.uk/products/special-offers/special-offers-dvds/toilet-phobia-booklet-dvd/>

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We're partnered with the CAGE Benevolent Fund to help support current and retired #BuildingEngineers and their families experiencing #anxiety. For more info visit:

<https://bit.ly/41F5Suk>

#building #engineer

@cbuilde

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