

dizziness palpitations shaking
 hyperventilation
 tension headaches
 separation toilet **GAD** emetophobia
 sexual phobia dental
 blushing social
 anxiety social
stress **anxiety** **panic**
 agoraphobia **SAD** **anxiety** **panic**
 SAD hot flushes anticipatory anxiety
 GAD **PTSD** claustrophobia health anxiety
 dry mouth **PTSD** body trichotillomania
 postnatal anxiety **trypanophobia** dizziness
 anxiety tension headaches agoraphobia
 hyperventilation
 monophobia
 fear **OCD** obsessive compulsive disorder
 compulsive disorder stress
 fear
 postnatal anxiety
 feeling sick
 toilet phobia
 SAD anxiety
 feeling sick
 PTSD
 health anxiety
 PTSD
 health anxiety
 body trichotillomania
 dizziness
 agoraphobia

Here for you, since 1970.



Anxiety UK is a national registered charity (number 1113403) formed more than 40 years ago by Katharine Fisher, a sufferer of agoraphobia for those affected by anxiety disorders. Today we are still a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders, supported by a high-profile medical advisory panel and celebrity patrons.



Rebecca Front
Actress



Marcus Trescothick
Cricketer



Ruby Wax
Comedienne



Professor
David Clark
National Clinical
Advisor to the
Improving Access
to Psychological
Therapies (IAPT)
programme



Dr Chris Williams
Professor of
Psychosocial
Psychiatry at the
University of
Glasgow



Professor
Cary Cooper
Professor of
Organisational
Psychology and
Health at Lancaster
University
Management School

How we can help

Anxiety UK works to relieve and support those affected by anxiety disorders by providing information and support via an extensive range of services. We partner with external agencies, healthcare professionals and policy makers to improve services for those living with anxiety disorders. We also campaign to raise awareness of such conditions.

Who we help

We can provide support and help if you've been diagnosed with, or suspect you or a loved one may have an anxiety condition that's affecting how you or they get on with life, such as:

- Generalised Anxiety Disorder (GAD)
- Agoraphobia
- Obsessive Compulsive Disorder (OCD) and related conditions
- Panic attacks and panic disorder
- Specific phobias
- Body Dysmorphic Disorder (BDD)
- Health anxiety
- Social phobia and social anxiety disorder
- Post Traumatic Stress Disorder (PTSD)
- Other anxiety related conditions such as stress or Irritable Bowel Syndrome (IBS)



With our help you or your loved one can start to recover confidence and manage fear and stress.

FACT

1 in 5 people experience anxiety on a daily basis

(ONS report, 2013)

How Anxiety UK could help you

We believe in choice

At Anxiety UK, we offer a range of services which enables us to support people with stress or mild anxiety through to offering help and assistance to those with more severe, longstanding issues. We passionately believe in choice when it comes to the treatment of anxiety; no single approach suits all.

We have an extensive variety of services available – from ongoing support to guided self help materials through to individual, tailored therapy. You choose the level of support that feels right.

Our services include:


National helpline 08444 775 774

Our flagship service is our national helpline, staffed by a team of volunteers with personal or professional experience of anxiety. For many people, just speaking to someone who has had similar difficulties and therefore understands can take some of the burden of anxiety away.

Self help solutions

We offer access to self help resources to help give you control over your recovery and to equip you with skills to manage anxiety and stress.

- We have a range of self help books in our online resource centre that many people living with anxiety have found to be of real help.
- We maintain a list of national independent self help groups and other targeted self help resources for our members.
- We have a mobile application called "Stress Tips," available to download on all platforms, which helps people to manage their stress and anxiety whilst on the go.



"Anxiety UK's app is so convenient for when I feel my anxiety building. It helps me to put my mind at ease."

Quick access to talking therapies at reduced rates for members.

We offer a range of accessible talking therapies at low cost:

- Counselling
- Cognitive Behavioural Therapy (CBT)
- Clinical hypnotherapy
- Neuro-Linguistic programming (NLP)

Our therapies are available in a face to face setting, over the phone and via webcam. More details about the types and locations of therapies we offer are available on our website, www.anxietyuk.org.uk or by calling the helpline on **08444 775 774**.

"I would like to thank my Anxiety UK therapist for her thoughtfulness, understanding and for always being non-judgemental."



Reasons to choose Anxiety UK for therapy:

- ✓ **No waiting list** – our maximum wait is 2 weeks – it's often less. We also provide a Fast Access to Services for Therapy option for those who want to be seen sooner. More information about this can be found at www.anxietyuk.org.uk or by calling the helpline on **08444 775 774**.
- ✓ **Reduced cost** – fees are based on your household income, making therapy affordable compared to private therapy rates.
- ✓ **Accessible services** – therapy can be arranged for times during office hours, in the evening and at weekends. Services are also available for those who are unable to travel or who are housebound.
- ✓ **Unlimited sessions** – you will be able to access as many sessions as needed for therapeutic benefit; something that very few providers of therapy services offer.

About our therapists

Anxiety UK only takes on volunteer therapists who are registered with professional governing bodies, ensuring that they abide by regulated codes of conduct and undertake continual professional development, including being in receipt of regular clinical supervision to give you the best possible experience. We also ensure that all of our volunteer therapists have Disclosure and Barring (DBS) checks.

Even more support

There are a range of additional services available online, including comprehensive information about anxiety disorders, online surgeries and access to an online community. Members can also contact one another through our popular pen-pals scheme.

Services we provide to members and non-members are as follows:

Service offered	Anxiety UK members	Non-Anxiety UK members
Access to our national helpline	✓	✓
Access to the email information service	✓	✓
Access to the Anxiety UK mobile app "Stress Tips," providing stress and anxiety support whilst on the go	✓	✓
Access to live chat service	✓	✓
1:1 therapy services (these can be face to face, over the phone or via webcam)	✓	✗
Access to the psychiatric pharmacy line, operated by psychiatric pharmacists who can advise on prescribed and non-prescribed medication	✓	✗
Subscription to the quarterly Anxious Times magazine	✓	✗
Online surgeries with anxiety experts	✓	✗
Access to a list of national independent self help groups	✓	✗
Access to specialist email and helpline support services on specific anxiety conditions	✓	✗
Access to peer support via the Anxiety UK pen-pals booklet	✓	✗
Access to Anxiety UK's online community/peer-support forum	✓	✗

It's easy to join Anxiety UK today

You can join Anxiety UK for a modest sum each year. In doing so, you'll obtain access to all the services listed previously.

Being a member also means you are doing your bit to help support us, ensuring we can continue to help others affected by anxiety and stress in the years to come. You can join by calling **08444 775 774**, or visiting **www.anxietyuk.org.uk**

Getting involved to support the work of Anxiety UK

Anxiety UK wouldn't exist were it not for the time and support that the charity receives from its army of volunteers and supporters. If you are looking to give back and/or are looking for a way to put your experience of anxiety to use, why not consider giving your time. For more information on the range of volunteering options available in the charity, from helpline advisor through to positions on the Board of Trustees, visit **www.anxietyuk.org.uk** or call **08444 775 774**.

We also have a scheme called Friends of Anxiety UK (FAUK) which is available to anyone to join who wishes to support our work by giving a regular donation (of any size). In return, we'll ensure that you receive a regular e-bulletin as well as invitations to attend events throughout the year.

Of course you might just want to get involved with a fundraising event like a sponsored run, cake-sale, walk, etc. As a significant proportion of the charity's annual income comes from such fundraising initiatives, we really do need as many people as possible to get involved.

If you want information on volunteering, the Friends of Anxiety UK (FAUK) scheme or fundraising, email **info@anxietyuk.org.uk** or call **0161 226 7727**.

FACT

Since 1970, Anxiety UK has supported over a million people

FACT

Mental health problems cost the UK economy £80 billion annually

(2013 figures)

Anxiety UK and the corporate community

Anxiety UK delivers tailored support packages and services for organisations whose members, staff and beneficiaries require support through its partnership work. Anxiety UK works/has worked with the Pulmonary Hypertension Association, By You For You: The Charity for Civil Servants, The Teachers' Support Network and the Lauren Currie Twilight Foundation.

If your organisation's members, staff and beneficiaries need emotional and well-being support that you feel you are unable to provide yourself, Anxiety UK can help. We are able to offer training, consultancy, advice and support services (including bespoke helpline services) on a one-off basis or over a longer period of time. We also offer membership packages for schools.

For further information on Anxiety UK's corporate service offer please contact info@anxietyuk.org.uk or call **0161 226 7727**

Anxiety UK and our history of caring

Anxiety UK is the largest anxiety-specific charity in the UK, established through more than 40 years of user-led service delivery and care. Our staff and volunteer team are made up of dedicated individuals with a wealth of lived experience of anxiety to draw on. Membership offers the opportunity for anxiety sufferers to join a network of people who have lived with anxiety and stress, helping to break the isolation experienced by many.

Contacting Anxiety UK

Support contact details

Helpline: **08444 775 774** • www.anxietyuk.org.uk

Office contact details

Office: **0161 226 7727** • Email: info@anxietyuk.org.uk

Address: Zion CRC, 339 Stretford Rd, Hulme, Manchester M15 4ZY

www.anxietyuk.org.uk/facebook • www.anxietyuk.org.uk/twitter

All information correct at the time of going to print.

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