



**Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.**

## Anxiety UK

Anxiety UK is run by sufferers and ex-sufferers of anxiety disorders. We can provide support and help if you've been diagnosed with or suspect you may have an anxiety condition. With our help you can start to recover your confidence and forget your fear.

We provide information, support and understanding and offer a range of services. We also campaign to raise awareness of anxiety disorders.

We can also offer information and services to professional health care workers (GPs, psychologists, psychiatrists, social workers etc) working, or interested in the area of anxiety disorders.

Visit our website for further information on our current services.

### When is it on?

<b>Time of day</b>	Morning Afternoon
<b>Session information</b>	Monday to Friday 9.30am - 5.30pm

### Who to contact

<b>Telephone</b>	Infoline: 03444 775 774 Text Service: 07537 416 905
<b>E-mail</b>	<a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a>
<b>Website</b>	<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>
<b>Notes</b>	Charity number 1113403

### Where to go

<b>Name</b>	Nunes House
<b>Address</b>	447 Chester Road Old Trafford
<b>Postcode</b>	M16 9HA

### Other details

<b>Cost description</b>	Membership starts from £20 and cost of therapy ranges from £15-£50 a session depending on total household income.
<b>Referral</b>	No

## required?

### Referral and availability notes

There are no restrictions on eligibility to the services we provide. Those aged 16 years and under they will need to have permission from their GP or parents.

## Local Offer

### Local Offer description

There is no wheelchair access to our premises.

### Contact telephone

03444 775 774

### Contact email

[support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

## Disclaimer

**Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.**

Call the Families Information Service: **03000 269 995** or email: **[fis@durham.gov.uk](mailto:fis@durham.gov.uk)**



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