

HOPE THERAPY & COUNSELLING SERVICES

# Anxiety Support

*When anxiety makes everyday life feel like too much.*

Qualified counsellors and therapists offering support for anxiety across England — online nationwide and face-to-face. Understanding what's driving it is where things can begin to shift.

**NCPS ORGANISATIONAL MEMBER**

**ONLINE & IN-PERSON**

**FROM £65**

**FREE 15-MIN CONSULTATION**

RECOGNISING IT

## What does living with anxiety actually feel like?

*"If you've been waking up at 3am with your heart racing and no idea why — that's anxiety. If you've started avoiding places that used to feel ordinary, or if your mind feels like it can't switch off, even when everything around you is technically fine — that's anxiety too."*

Anxiety is one of the most common things people bring to counselling, and one of the most misunderstood. Because anxiety doesn't always look dramatic. Sometimes it looks like being busy, organised, always prepared. Sometimes it looks like being quiet. Sometimes it looks like nothing at all — until it doesn't.

You might have been told you're a worrier, or that you overthink things. But there's a difference between ordinary worry and anxiety that has started to shape what you do, where you go, and how you feel about yourself. **You don't need to have had a panic attack, or to feel constantly overwhelmed, to find that anxiety is getting in the way of your life.**

### Some things people living with anxiety describe

A persistent sense of unease or dread that's hard to pin down

Difficulty sleeping — lying awake with thoughts that won't slow down

Physical symptoms: chest tightness, shallow breathing, unsettled stomach

Avoiding situations that trigger it — and the list growing over time

Replaying conversations, convinced something went wrong

Catastrophising — the mind jumping to the worst possible outcome

Exhaustion from the effort of holding it all together

Difficulty being fully present, even in moments that should feel good

**Professional registration:** Hope Therapy & Counselling Services holds NCPS Organisational Membership covering our counselling and psychotherapy services. Sessions are confidential; there are limited exceptions — for example, if there is a serious risk of harm to you or others — and your therapist will explain these clearly at the outset.

## THE ROOTS OF ANXIETY

## Why does anxiety take hold?

Anxiety is, at its root, a protective response. The physical sensations you feel — racing heart, shallow breathing, heightened alertness — are your nervous system doing exactly what it evolved to do: preparing you to respond to a threat. The problem is that this system doesn't always distinguish well between genuine danger and a difficult email, an awkward social situation, or an uncertain future.

For some people, anxiety has roots in earlier experiences — times when the world felt unsafe or unpredictable, and the mind learned to stay alert as a way of coping. For others, it develops in response to particular stressors: a difficult period at work, a relationship challenge, a loss, a major life change. Sometimes there's no obvious trigger at all.

**Understanding what's underneath your anxiety is often an important part of working with it** — not about finding something to blame, but gaining a clearer picture of what's actually happening so you can begin to respond to it differently.

## TYPES OF ANXIETY

## Forms of anxiety we support

**Generalised anxiety (GAD)**

Persistent, wide-ranging worry that doesn't attach to one specific thing — a background hum of unease that affects daily functioning.

**Social anxiety**

Intense anxiety in social or performance situations — fear of judgement, embarrassment, or scrutiny that limits how freely you move through the world.

**Health anxiety**

Preoccupation with illness or physical symptoms that becomes a source of significant distress, even when medical investigation has been reassuring.

**Panic disorder**

Recurrent panic attacks and the fear of having them — the anticipatory anxiety that can become as limiting as the attacks themselves.

**Phobias**

Intense fear responses to specific situations or objects — from driving to enclosed spaces — that restrict what feels possible.

**Trauma-linked anxiety**

Anxiety rooted in past distressing experiences — including anxiety in the context of ADHD, autism, or other neurodivergent experiences.

*Not sure exactly what type of anxiety you're dealing with — or whether it's anxiety at all? A free consultation is a good place to start exploring.*

## WHAT SUPPORT CAN OFFER

## Counselling doesn't remove anxiety — but it can change your relationship with it

Working with a counsellor offers a confidential space to explore what's driving your anxiety without needing to have the answers in advance. Many people find that simply being able to talk honestly — without needing to reassure anyone else or manage how they're perceived — is itself a significant relief.

Over time, counselling can help you understand the patterns behind your anxiety: the thoughts, beliefs, and reactions that keep it going. This understanding doesn't make anxiety disappear, but it can make the experience less frightening and give you more choices about how to respond.

## THERAPEUTIC APPROACHES

## How we work with anxiety

### Counselling & Psychotherapy

A space to talk, explore, and be heard. Helps you understand your anxiety more deeply, work through what may be driving it, and develop a different relationship with it over time. From £65.

### Cognitive Behavioural Therapy (CBT)

One of the most researched approaches to anxiety. Works by helping you identify and challenge the thinking patterns and behaviours that maintain anxious responses, building practical skills as you go. From £65.

### EMDR

Particularly helpful for anxiety that has roots in specific distressing memories or experiences. Can help process these memories so they feel less overwhelming in the present. From £95.

### Mindfulness (MBCT)

Combines mindfulness practices with cognitive therapy to help you notice anxious thoughts without getting caught in them. Particularly useful where anxiety shows up as persistent rumination or worry cycles. From £65.

### Matched to you

Our dedicated booking team and your therapist will discuss the most suitable approach — or combination — for what you're experiencing. You don't need to know which is right before you start.

### Honest about outcomes

Results vary between individuals. Counselling is a collaborative process — how much it helps depends on many factors. We do not promise specific outcomes.

### Transparent fees

Counselling and CBT from £65. EMDR from £95. Reduced rates may be available — ask during your free consultation.

## WHAT TO EXPECT

# Taking the first step is often the hardest part

Here is exactly what happens when you reach out — no surprises, no pressure, no commitment until you're ready.

## 1 Book a free 15-minute consultation

A relaxed, informal conversation — not a therapy session. There's no pressure to share everything at once. You can ask questions, get a feel for how we work, and start to think about what kind of support might be right for you.

## 2 We match you with the right therapist

Based on what you've shared, our booking team will suggest a therapist from our team of 90+ whose experience, approach, and availability suit your needs. If the first match doesn't feel right, we'll find someone who does at no extra cost.

## 3 Your first session

A chance to begin to understand each other. Your therapist will listen to what's been going on, explain how they work, and help you think about what you'd like to get from the process. Most people find it less daunting than they expected.

## 4 Ongoing sessions at your pace

Sessions are typically weekly. Online via Zoom throughout the UK. Face-to-face across 20+ counties in England. There is no fixed number of sessions you must commit to — your therapist will review progress with you as you go.

**Reduced-rate sessions:** If cost is a concern, sessions may be available with one of our trainee counsellors — qualified to at least Level 5 and working under regular qualified supervision. Ask during your free consultation.

## WHAT OUR CLIENTS SAY

## Client experiences

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*It helped me a great deal and made me feel better after every session. I feel my counsellor understood my problems and gave me lots of tools to manage my fears and anxieties.*

**CLIENT — ANXIETY SUPPORT**

“

*Very helpful — always had good resources sent after each session. My counsellor was approachable and easy to talk with. I felt heard and supported throughout.*

**INDIVIDUAL THERAPY CLIENT**

“

*I didn't think counselling would make such a difference to my day-to-day life. But it really has. I feel so much more in control of how I respond to things now.*

**CLIENT — ANXIETY SUPPORT**

*Client experiences are individual. Results vary between people.*

## COMMON QUESTIONS

## Frequently asked questions

### Will counselling actually help with my anxiety?

Counselling can offer a genuine space to understand what is driving your anxiety and explore ways of responding differently. Many people find that working with a therapist helps them feel less overwhelmed over time. Results vary, and the right approach depends on what kind of anxiety you are experiencing.

### Is online anxiety counselling as effective as face-to-face?

Research consistently shows that online counselling can be as effective as face-to-face therapy for anxiety. Many people find the flexibility and comfort of working from home genuinely helpful. All our therapists offer online sessions via Zoom. If you prefer in-person sessions, we have therapists across 20+ counties in England.

### Is anxiety counselling confidential?

Yes. Sessions are confidential. There are limited circumstances in which this may need to change — for example, if there is a serious risk of harm to you or others. Your therapist will explain these limits clearly before you begin.

### How many sessions will I need?

This varies depending on the type of anxiety, how long you have been living with it, and what feels useful. Some people find significant benefit in six to eight sessions; others prefer to work over a longer period. Your therapist will explore this with you as your work develops.

### How much does anxiety counselling cost?

Counselling and CBT start from £65 per session. Mindfulness (MBCT) from £65. EMDR from £95. All fees are discussed clearly during your free consultation. A reduced-rate option may be available with one of our trainee counsellors — ask during your consultation.

## TAKING THE FIRST STEP

# You don't need to have it figured out before you call

A free 15-minute consultation is a low-pressure conversation — a chance to be heard, ask questions, and find out whether counselling could help, with no obligation to proceed. Most people find it less daunting than they expected.

## When you feel ready, we're here.

A free, no-obligation 15-minute conversation — a chance to explore whether we can help with your anxiety, with no commitment to proceed.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Please note:** We are not a crisis or emergency service. We are not able to provide crisis support or support for active self-harm or suicidal ideation. If you are in immediate need, please contact one of the services below.

**999** — Emergency services · **Samaritans: 116 123** — Free, 24 hours · **SHOUT: text 85258** — Crisis text, 24/7

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# *Whatever form your anxiety takes, it's worth taking seriously.*

Hope Therapy & Counselling Services offers counselling, CBT, EMDR, mindfulness, and a range of other evidence-based approaches for anxiety — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

#### TELEPHONE

07379 538411

#### EMAIL

[contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

#### WEBSITE

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

#### FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

#### ALSO FROM US

**The Talk Room Podcast** — honest conversations about mental health, anxiety, and everyday wellbeing from the Hope Therapy team. Search **The Talk Room** on Spotify and YouTube, or find it at [hopefulminds.co.uk](http://hopefulminds.co.uk).

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers our counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate to their qualification and specialism. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset of your work together. Results vary between individuals; we do not guarantee specific outcomes.