

ARCHITECTS
BENEVOLENT
SOCIETY



AnxietyUK
Here for you since 1970



Anxious? Stressed?

We can help

Many people find their own ways to cope but some need support to manage these feelings and to get the balance right in their lives.

We can offer a variety of support

through our partnership with Anxiety UK:

- Wellbeing Assessment
- One to One Therapy

including counselling, Cognitive Behavioural Therapy, hypnotherapy and acupuncture

- Phone Support
- Email Support

If you have worked for a year or more in the UK in architecture, architectural technology or landscape architecture, you can access support at the time when you need it most.

Please contact us today

T 020 7580 2823 E help@absnet.org.uk

Architects

Assistants

AT Professionals

Landscape Architects

Families

Students

#AnxietyArch



@ArchBenSoc

www.absnet.org.uk/students