

Anxiety, Panic & OCD Support Groups

UK directory of actual peer-support groups, specialist communities and routes into help

Directory-led: named groups and practical routes into support. Timetables and capacity change, so confirm current arrangements before attending.

Anxiety and panic support

Anxiety UK monthly anxiety self-help groups

Coverage: UK / online
Best for: Anxiety UK members

Monthly online self-help groups for people who want to share experiences and coping strategies with others who understand anxiety. Groups are facilitated by Anxiety UK staff with lived experience. Places are limited and booking is required; current groups are free to members.

Anxiety UK - health anxiety themed group

Coverage: UK / online
Best for: Health anxiety

The September 2026 Anxiety UK group is specifically focused on health anxiety. It is an example of the charity's themed monthly support-group programme; future themes and dates should be checked on its live events page.

TOP UK - Triumph Over Phobia

Coverage: UK / online
Best for: Phobias, OCD and related anxiety disorders

TOP UK has supported people with phobias, OCD and related anxiety disorders for nearly 40 years. Its friendly online self-help groups use behaviour-therapy-based techniques and are led by trained volunteers, many with lived experience. The groups are still running, although the charity currently says new referrals are paused and asks people to register interest.

Local Mind anxiety groups

Coverage: England & Wales / local
Best for: Anxiety, panic and general mental health

Local Mind organisations may run anxiety-management, wellbeing, peer-support and social groups. Because each Local Mind is independent, use the local finder and check the branch's current programme rather than assuming every area offers the same group.

NHS Talking Therapies group programmes

Coverage: England / local NHS provision
Best for: Anxiety disorders and panic

Some NHS Talking Therapies services offer group-based courses or workshops alongside individual treatment. Provision varies by area. Ask the local service whether it currently offers anxiety, panic, worry or CBT-based groups and whether self-referral is available.

Community peer-support and recovery groups

Coverage: UK / local
Best for: Anxiety alongside broader mental-health needs

Rethink, local mental-health charities and community services may run groups that are not diagnosis-specific but welcome people living with anxiety or panic. These can be useful where a specialist anxiety group is not available locally.

OCD - regular UK-wide groups

OCD-UK Tuesday evening open group

Coverage: UK / Zoom
Best for: Adults 18+ with OCD; family, partners and friends

A free weekly open peer-support meeting. OCD-UK's September 2026 schedule lists Tuesday evening meetings at 7pm lasting about 90 minutes. Registration is required for each meeting and closes when capacity is reached.

OCD-UK Thursday morning open group

Coverage: UK / Zoom
Best for: Adults 18+ with OCD; family, partners and friends

A second free weekly open group, currently listed on Thursday mornings at 10:15am for about 90 minutes. It provides another time option for people who cannot attend evenings.

OCD-UK 50+ support group

Coverage: UK / Zoom
Best for: People aged 50+ with OCD

A monthly themed peer-support meeting specifically for people aged 50 and over. It provides space to discuss the experience of OCD later in adulthood with peers in a similar age group.

OCD-UK young adults group

Coverage: UK / Zoom
Best for: Young adults aged 18-25

A monthly peer-support space for young adults affected by OCD. The charity notes that people slightly outside the age range can contact the group team to discuss suitability.

OCD-UK teens group

Coverage: UK / Zoom
Best for: Young people aged 12-17

A monthly group for teenagers affected by OCD, with safeguarding arrangements and parental/guardian consent. Sessions can include peer discussion plus optional social activity.

OCD-UK parents support group

Coverage: UK / Zoom
Best for: Parents/caregivers supporting a child with OCD

A themed support space for parents and caregivers supporting a CAMHS-age child. It allows parents to receive peer support separately from the young person's own group.

OCD-UK family forum

Coverage: UK / Zoom
Best for: Family and friends supporting an adult with OCD

A bimonthly forum combining information, questions and peer support for people supporting an adult loved one with OCD.

OCD-UK community forum

Coverage: UK / online
Best for: OCD community support between meetings

OCD-UK also provides an online discussion forum, offering a route to community contact between scheduled Zoom groups. It is supplementary peer support rather than treatment.

OCD Action - specialist peer groups

OCD Action general OCD groups

Coverage: UK / Zoom
Best for: Adults with OCD; diagnosis not required

Free peer-led online groups facilitated by trained volunteers. OCD Action currently lists several general groups on different weekdays and times. People can listen without pressure to speak and may keep their camera off.

OCD Action young adults 18-25

Coverage: UK / Zoom
Best for: Young adults with OCD

Dedicated groups for people aged 18-25, giving younger adults a peer space separate from general adult meetings.

OCD Youth group

Coverage: UK / Zoom
Best for: Young people aged 16-20

A free peer-led space run by volunteers with lived experience. OCD Action says there is no pressure to speak, cameras are optional, and 16- or 17-year-olds require parent/guardian contact details when registering.

OCD Action student support group

Coverage: UK / online
Best for: University students affected by OCD

A specialist student group designed around the particular challenges of managing OCD while at university or in higher education.

Checking OCD group

Coverage: UK / Zoom
Best for: Checking compulsions

A specialist OCD Action group for people whose OCD centres on checking. This can make discussion more specific than a general OCD meeting.

Contamination OCD groups

Coverage: UK / Zoom
Best for: Contamination fears and compulsions

OCD Action currently lists several contamination-focused groups on different evenings, allowing participants to connect around a shared presentation of OCD.

Pure O - intrusive harm thoughts

Coverage: UK / Zoom
Best for: Intrusive harm obsessions

A specialist group for people experiencing intrusive harm thoughts. It is intended as peer support, not reassurance or therapy, and can reduce isolation around thoughts people may find difficult to disclose.

Pure O - scrupulosity and morality

Coverage: UK / Zoom
Best for: Religious, moral or scrupulosity OCD

A specialist peer group for people affected by scrupulosity and morality-focused obsessions and compulsions.

Pure O - general groups

Coverage: UK / Zoom
Best for: Primarily obsessional / intrusive-thought presentations

OCD Action lists general Pure O groups for people whose difficulties centre heavily on intrusive thoughts and mental compulsions.

Perinatal OCD group

Coverage: UK / Zoom
Best for: OCD during pregnancy or after birth

A dedicated group for perinatal OCD, offering a more specific peer space around pregnancy, birth and early parenthood.

OCD and autism group

Coverage: UK / Zoom
Best for: Autistic people living with OCD

A specialist group for people who experience both autism and OCD, recognising that sensory needs, routines, uncertainty and compulsions can interact in complex ways.

OCD and hoarding group

Coverage: UK / Zoom
Best for: Hoarding alongside OCD

A specialist peer-support group for people who experience hoarding alongside OCD.

OCD for People of Colour

Coverage: UK / Zoom
Best for: People of colour living with OCD

A dedicated peer group providing space to discuss OCD alongside experiences that may be shaped by culture, community and racialisation.

LGBTQ+ OCD group

Coverage: UK / Zoom
Best for: LGBTQ+ people living with OCD

A dedicated OCD Action group for lesbian, gay, bisexual, transgender and queer people affected by OCD.

Parents/caregivers of children with OCD

Coverage: UK / Zoom
Best for: Parents and caregivers of under-18s

A separate peer group for parents and caregivers of children aged 17 and under with OCD.

Parents/caregivers of adults with OCD

Coverage: UK / Zoom
Best for: Parents and caregivers supporting an adult

A separate group for parents and caregivers of adults with OCD, recognising that supporting an adult child can raise different questions from supporting a minor.

Partners and loved ones of people with OCD/BDD

Coverage: UK / Zoom
Best for: Partners, relatives and close supporters

A dedicated group for people supporting someone with OCD or body dysmorphic disorder, giving supporters their own space to talk and learn.

Related conditions and finding local help

OCD Action BDD group

Coverage: UK / Zoom
Best for: Body dysmorphic disorder

OCD Action lists a specialist online BDD peer-support group alongside its OCD programme.

OCD Action parents/caregivers of people with BDD

Coverage: UK / Zoom
Best for: Parents and caregivers

A dedicated supporter group for parents and caregivers of people affected by BDD.

TOP UK phobia groups	Coverage: UK / online Best for: Specific phobias and related anxiety
TOP UK's guided self-help network is particularly relevant to people whose lives are restricted by phobias or avoidance. Its current site says groups continue to run while new referrals are temporarily paused.	
OCD Action independent face-to-face group map	Coverage: UK / local Best for: People seeking an in-person OCD/anxiety group
OCD Action works with people around the country who run independent face-to-face groups for OCD, related conditions or anxiety. Its support information directs users to a map of these groups.	
NHS specialist OCD services	Coverage: England / specialist referral Best for: Severe, long-term or treatment-resistant OCD
The NHS notes that some people with severe, long-term and difficult-to-treat OCD may be referred to a national specialist OCD service. This is treatment rather than a peer group, but it is an important route when local treatment has not been enough.	
General mental-health peer groups	Coverage: UK / local and online Best for: Anxiety or OCD alongside isolation
A diagnosis-specific group is not essential for everyone. Local Minds, Rethink groups, community wellbeing services and online peer communities may provide useful connection when specialist groups are full, inaccessible or do not feel like the right fit.	

Before joining a group

Check whether it is peer support, guided self-help or treatment; whether registration, membership or a fee applies; camera options; age/location rules; and what happens if a meeting is full. For OCD, peer support should avoid becoming repeated reassurance for obsessions.

Urgent support

Support groups are not emergency services. If there is immediate danger to life, call 999 or go to A&E.; Samaritans: 116 123. Use the current NHS urgent mental-health route for your UK nation when urgent professional support is needed.

A message from Space to Breathe Therapy

You do not have to tell your story on arrival. Ask what to expect, listen before speaking, keep your camera off where permitted, and decide whether the space feels right. Peer support can sit alongside evidence-based treatment; it does not have to replace it.

Information checked September 2026 against current public information from Anxiety UK, OCD Action, OCD-UK, TOP UK and NHS guidance. Confirm live dates, capacity and eligibility with the provider.