

External Counselling and Therapy

ARBOURS ASSOCIATION	
<ul style="list-style-type: none"> • The Arbours Association is an internationally renowned registered charity with 40 years' experience providing psychotherapeutic support. • Offers low fee Psychoanalytic Psychotherapy in North & South London, £10 - £25 per session, twice weekly. 	<p>Tel: 020 8340 7646 Email: info@arboursassociation.org or online referral form Website: www.arboursassociation.org</p> <p>All therapists are registered with UKCP and can be searched via online search engine.</p>
THE ASSOCIATION FOR GROUP AND INDIVIDUAL PSYCHOTHERAPY (AGIP)	
<ul style="list-style-type: none"> • AGIP provides psychoanalytic psychotherapy and training. • AGIP's Fairbridge Clinic offers twice weekly psychotherapy to those on low incomes with fees ranging from £8 to £25 per session. • Initial assessment costs £35. • Twice weekly therapy (sometimes weekly available) for minimum of 2 years. • Appointments usually at the clinic in Archway. 	<p>Address: 1 Fairbridge Road, Archway, London N19 3EW Tel: 020 7272 7013 Email: info@agip.org.uk or online referral form Website: www.agip.org.uk/clinic</p> <p>Located in Archway</p>
THE BOWLBY CENTRE	
<ul style="list-style-type: none"> • A training and referral organisation specialising in attachment-based psychotherapy. • Fees £50 - £75 on average per session. Some therapists offer sliding scale of fees according to income. • Therapists across London. • The Blues Project for people on low income who can commit to twice a week therapy for at least 2 years. Assessment £35, ongoing sessions £10, twice weekly. 	<p>Address: 147 Commercial St, London E1 6BJ Tel: 07825 128267 (referrals) Email: referrals@thebowlbycentre.org.uk Website: www.thebowlbycentre.org.uk 020 7 700 5070 for info</p>
THE BRANDON CENTRE	
<ul style="list-style-type: none"> • Free counselling and psychotherapy for young people in Boroughs of Islington (14-21) and Camden (12-24 yr olds). • Free weekly sessions for up to one year, but long waiting lists. • Also run a sexual health and contraceptive clinic from here for 12-24 year olds from any London Borough. 	<p>Address: 26 Prince of Wales Road, NW5 3LG Tel: 020 7267 4792 Email: counselling@brandoncentre.org.uk Website: www.brandon-centre.org.uk</p> <p>Camden clients are seen there, Islington residents are seen at Drum Clinic EC1Y, Platform N7 and Lift Clinic N1.</p>
THE BRITISH PSYCHOANALYTIC COUNCIL	
<ul style="list-style-type: none"> • Offers therapy 5x weekly for at least 2 years. • Initial consultation £30, further sessions on sliding scale, minimum £5. 	<p>Address: London Clinic of Psychoanalysis, Byron House, 112a Shirland Road, London W8 2BT Tel: 020 7563 5002 Email: clinic@iopa.org.uk</p>

CAMDEN LISTENING & COUNSELLING CENTRE	
<ul style="list-style-type: none"> • Open Mondays 6-9pm and Wednesdays 3-9pm • Offer once weekly sessions, up to 12 sessions. • Free initial consultation, then low cost fee from £20 per session, agreed during the first session 	<p>Located in Camden Town Tel: 020 7482 6200 Website: www.camdenlistening.org.uk</p>
CENTRE FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD)	
<ul style="list-style-type: none"> • Low cost counselling service, up to 6 months. • Assessment and follow up sessions £5 for students. • Monday – Friday 10am – 5pm. 	<p>1-2 Palace Gates, The Campsbourne, Hornsey N8 7PN Tel: 020 8341 4843 Email: mail@cppd.co.uk Website: cppdlondon.com</p>
CENTRE FOR COUNSELLING & PSYCHOTHERAPY (CCPE)	
<ul style="list-style-type: none"> • Low cost and open-ended counselling service. • Assessment £25 for students (need to specify). • Low cost fee from £32 per session, agreed during the first session 	<p>Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE Tel: 020 7266 3006 Website: www.ccpe.org.uk</p>
CITY AND HACKNEY PRIMARY CARE PSYCHOTHERAPY CONSULTATION SERVICE	
<ul style="list-style-type: none"> • An NHS service for people with emotional or psychological problems who are struggling to cope with the support they are getting from their GP or other mental health services. • For people who are registered with a City and Hackney GP. • Talk to your GP to access the service, referral is only via your GP. 	<p>Website: www.tavistockandportman.nhs.uk/cityhackneyservice</p>
COMMUNITY COUNSELLING – EAST HAM	
<ul style="list-style-type: none"> • A group of committed, professionally qualified counsellors operating as a registered charity. • Aim is to provide a low-cost high-quality service to those clients who may not be able to access counselling due to cost. • Offer short-term and open-ended counselling • minimum charge is £6.00 per session 	<p>Address: St Bart's Community Centre at 292b Barking Road, East Ham, London E6 3BA Tel: 07547 893 700 or 020 8524 9711 Email: online email Website: http://www.communitycounselling.org.uk</p>
CROSSROADS	
<ul style="list-style-type: none"> • Long-term counselling available to anyone who lives, works or studies in Tower Hamlets, on a low income. • Clients can stay for as long as they and their counsellor consider it therapeutically beneficial. • Weekly sessions on a sliding scale of fees between £4-£48. Fees are negotiated between a client and their counsellor. 	<p>Address: Crossroads Counselling 144 Roman Road, Bethnal Green, E2 0RY Tel: 020 8981 8388 Website: www.crossroadscounselling.org</p> <p>Crossroads is founded on Christian faith but works with people from all faiths.</p>

EALING ABBEY COUNSELLING SERVICE

- Low cost counselling for up to one year.
- Assessment fee £10-20 on Mon or Weds am.
- Further appointments Mon-Fri 8am-8pm. Fee dependent on income but minimum of £5 for daytime, £12 for evening.
- Catchment area: Ealing, Hounslow, Brent, Harrow, Hillingdon, Hammersmith and Fulham

Address: 1a Montpelier Ave, London W5 2XP
Tel: 020 8998 3361
Email: counselling@eacs.org.uk
Website: www.eacs.org.uk

GUILD OF PSYCHOTHERAPISTS

- Professional and training organisation for psychoanalytic psychotherapists.
- Referral service for private psychoanalytic psychotherapy, across London and surrounds.
- **Reduced fee clinic** for people on low income living in **Southwark, Lambeth and Lewisham**. £25 consultation, sliding scale fees, min £5 per session, negotiated with therapist. Weekly/twice weekly up to 2 years.

Address: 47 Nelson Square, Blackfriars Road, London SE1 0QA
Tel: 020 7401 3260
Email: clinic@guildofpsychotherapists.org.uk
Website: www.guildofpsychotherapists.org.uk

HELP COUNSELLING

- Located in Notting Hill, for residents of this area
- Offer one hour weekly sessions, 6-55 sessions.
- Session fees are a donation based on capacity to contribute, minimum £15.

Address: 57 Portobello Road
London W11 3DB
Tel: 020 7721 9974
Website: www.helpcounselling.com

HIGHBURY COUNSELLING CENTRE

- Located near Highbury & Islington tube.
- Offer one hour weekly sessions for up to one year.
- Initial consultation fee £20. Session fees are a donation based on capacity to contribute, minimum £15.

Address: 47 Nelson Square, Blackfriars Road, London SE1 0QA
Tel: 020 7354 4791
Website: www.wlm.org.uk/what-we-do/hcc

Clients can self-refer using application form on website.

IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT)

- The IAPT programme provides therapeutic treatment via the NHS for people suffering from depression and anxiety.
- Majority of London IAPT services are self-referral so you can make an appt without seeing a GP first. For more info see the website.
www.iapt.nhs.uk/services/services/london-nhs-iapt-services

Websites for local services:
Newham
<https://www.newhamtalkingtherapies.nhs.uk/>
Tower Hamlets
<http://www.compasswellbeing.co.uk/>
Hackney
<http://www.cityandhackneytalkingtherapy.nhs.uk/>

INNER CITY CENTRE

- A group of around 50 psychoanalytic psychotherapists providing therapy in the City and throughout London.
- Sliding scale of fees according to income – from £15 per session.
- Sessions once or twice weekly.
- Open-ended and brief therapy.

City based, London wide.
Tel: 020 7247 1589
Email: referrals@icclondon.org.uk
Website: www.icclondon.org.uk

Also group and couple therapy.

THE KOAN PRACTICE

- A group practice of therapists, offering long and short term therapy, couples therapy and CBT.
- Appointments available day, evenings and weekends.
- **Students and low waged £20 per session.**
- Online/email application form.

Address: Upper floors, 19 Wentworth Street
London E1 7TB
Email: mail@psychotherapy.me
Website: www.koan-psy.com/reduced-cost-therapy/
Register by email or text: 07797 800711

KYLE CLINIC (part of the Westminster Pastoral Foundation)

- Long term psychodynamic Psychotherapy
- Monday-Friday 10am – 4pm
- **Students and low waged £5-25 per session.**
- 12 month fixed term contract.
- Online/email application form.

Tel: 020 7378 2000
Website: www.wpf.org.uk and search 'low cost'

MANOR HOUSE CENTRE FOR PSYCHOTHERAPY AND COUNSELLING

- Training institute that offers low cost therapy with counsellors who are senior trainees or experienced graduates.
- Apts in **Finchley or Barnet area.**
- Offer open-ended psychodynamic counselling.
- Assessment £45 (if employed) or £15 (unemployed), ongoing sessions from £15 according to income.

Address: 80 East End Road, Finchley, N2 2SY
Tel: 020 8371 0180 or 07487 642 380
Email: crs@manorhousecentre.org.uk
Website:
www.manorhousecentre.org.uk/counsellingsevice.php

METANOIA INSTITUTE

- The Metanoia is a training institute that offers low cost 1:1 therapy with counsellors and psychotherapists who are in training.
- Mon-Thurs 9am-10pm. Friday 9am-5pm.
- Assessment £10-15, with up to six months of weekly sessions available.
- Sessions cost up to £25 based on income.

Address: 13 North Common Road, Ealing,
London W5 2QB
Tel: 0208 832 3080
Email: shea.holland@metanoia.ac.uk or
milena.norgate@metanoia.ac.uk
Website: www.metanoia.ac.uk

MIND	
<ul style="list-style-type: none"> MIND is a large mental health charity offering different kinds of support including counselling 	<p>Website: www.mind.org.uk/information-support/local-minds/ You can search here for the most local MIND service to you. Services in Ealing & Hounslow, Haringey, Camden, as well as those listed below.</p>

MIND IN CITY AND HACKNEY	
<ul style="list-style-type: none"> City and Hackney Mind provide a wide range of services including counselling to people who live and work in Hackney and the City. Individual counselling, specialist trauma counselling and groups in Mindfulness Based Cognitive Therapy and Anger Management. You may be asked for a contribution on a sliding scale basis. 	<p>Address: 8-10 Tudor Road, Hackney E9 7SN Tel: 0208 525 2318 Email: services@cityandhackneymind.org.uk Website: www.cityandhackneymind.org.uk</p>

MIND IN ISLINGTON	
<ul style="list-style-type: none"> Islington Mind provides counselling of up to 20 weeks to all residents of Islington. There is a fee, although this is lower if you are receiving benefits or on a low income. 	<p>Address: Unit 4, Archway Business Centre, 19-23 Wedmore Street, N19 4RU Tel: 020 3301 9850 Website: www.islingtonmind.org.uk</p>

MIND in TOWER HAMLETS	
<ul style="list-style-type: none"> Mind in Tower Hamlets provides counselling to residents of Tower Hamlets. Individual counselling (8-12 sessions), art and music therapy. Sliding scale of fees £5-15. Self-referral or via GP. 	<p>Address: Open House, 13 Whitethorn St, E3 4DA Tel: 020 7510 1081/4247 Website: www.mithn.org.uk</p>

MINSTER CENTRE	
<ul style="list-style-type: none"> Low cost counselling for a minimum of 12 months Assessment fee £15, fees for further sessions are on a sliding scale based on income. Sliding scale of fees £5-15. Self-referral or via GP. 	<p>Address: 20 Lonsdale Road, Queens Park, London NW6 6RD Tel: 020 8832 3080 Email: counselling@minstercentre.ac.uk Website: www.minstercentre.ac.uk</p>

OFF CENTRE (now part of FAMILY ACTION)	
<ul style="list-style-type: none"> Off Centre offers free counselling, art therapy and drama therapy for young people aged between 11 and 25 who live, work or study in City & Hackney. Self-referrals (in person, by phone or via online enquiry form) or referrals from professionals. Usually offer counselling up to 12 weeks. 	<p>Address: Unit 7, The Textile Building, 2a Belsham Street, London E9 6NG Tel: 020 8986 4016 Website: www.offcentre.org.uk</p>

PSYCHOSYNTHESIS TRUST

- Low-cost counselling for both short and long-term therapy
- Self-referral by filling in an online form
- £25 registration fee, followed by £10-£30 per session thereafter depending on income.

Address: 92-94 Tooley Street, London SE1 2TH
Tel: 020 7403 7814
Email: cservice@ptrust.org.uk
Website: www.psychosynthesis.edu

RELATE – FOR COUPLES COUNSELLING

- Means-tested affordable couples therapy
- Many different venues across London – best to contact them directly.

Branches in Waterloo, City, Islington, London Bridge, Bloomsbury

Website: www.relate.org.uk

RE-VISION

- Low cost counselling for up to 20 sessions, can be extended.
- Assessment fee £20
- Further sessions on a sliding scale £10-35

Address: 97 Brondesbury Road, London NW6 6RY
Tel: 020 8930 4919
Email: info@re-vision.org.uk
Website: www.re-vision.org.uk

TAVISTOCK CLINIC YOUNG PEOPLES CONSULTATION SERVICE (YPCS)

- Offers free and confidential consultation within the NHS to anyone who has a personal or emotional problem. There can be up to four meetings of about an hour each.
- Young people and adults 16-30 years.
- London boroughs: Islington, Camden, Fulham, Hammersmith and Barnet (GP address, not home address)
- Only accepts self-referral, over phone.

Address: Tavistock Centre, 120 Belsize Lane, London NW3 5BA
Tel: 020 8938 2337 (Mon-Fri 9am-5pm)
Email: atypts@tavi-port.nhs.uk
Website: www.tavistockandportman.nhs.uk

STEP FORWARD

- Free counselling and advice for young people aged **11-25**
- Available to **anyone in London**, not borough specific.
- **Open ended counselling** available up to a year, for residents of E London.
- Assessments offered within 2 weeks.
- Advice on wellbeing, sexual health, personal development, LGBTQ+ and mental health.

Address: 234 Bethnal Green Road, E2 0AA
Tel: 020 7739 3082
Email: info@stepforward-web.org
Website: www.stepforward-web.org

WATERLOO COMMUNITY COUNSELLING

- **Low fee counselling service** from £17 per session for anyone in London, means-tested.
- Counselling from 18 weeks up to 2 years.
- Assessment fee, £25 minimum

Address: Barley Mow Clinic, Greet House, Frazier St, SE1 7BD
Tel: 020 7928 3462
Email: info@waterloocc.co.uk
Website: www.waterloocc.co.uk

WPF THERAPY

The WPF is a training institute that provides a range of therapies:

- Long-term and short-term psychodynamic counselling
- CBT
- DIT
- Group therapy
- Registration fee is £25 and assessment session costs between £45 and £60. Ongoing sessions from £30 minimum.

Address: 23 Magdalen Street, SE1 2EN
Tel: 020 7378 2000
Email: reception@wpf.org.uk
Website: www.wpf.org.uk

Low cost clinic for full-time students and the unemployed – see **KYLE CLINIC** on list

WOMEN'S THERAPY CENTRE

- The Women's Therapy Centre provides group and individual psychoanalytic psychotherapy **for women by women.**
- Committed to providing therapy to women who traditionally do not have equal access to psychotherapy, those affected by gender violence, and women with disabilities and long term medical conditions.
- Sliding scale of fees - £5 min, based on £1 per £1000 income.

Address: 10 Manor Gardens, N7 6JS
Tel: 020 7263 7860 between 10am and 1pm
Email: appointments@womenstherapycentre.co.uk
Website: www.womenstherapycentre.co.uk and www.accept-consortium.org.uk

NOVEMBER 2018: Waiting List currently closed to all referrals

WOMEN'S TRUST (Domestic Abuse Intervention)

- Offering up to 18 weeks of therapy free of charge.
- Serving both East and West London

Address: PO Box 70420, London NW1W 7QL
Based in Paddington
Tel: 020 7034 0303 or 0304

YOUNG PERSONS' THERAPY GROUP

- A weekly analytic psychotherapy group for young people (20 - 30ish).
- Group of 4-8 members run by group analyst Nick Barwick.
- Wednesdays 6 - 7.30pm, £15 per session.
- Free one-to-one meeting available to discuss things further.

Address: The Guildhall School of Music and Drama, Barbican EC2
Tel: 020 7382 7219
Email: nickbarwick@ntlworld.com
Website: www.analyticpractice.co.uk

Groupwork (fee paying)

**Association for Group and Individual Psychotherapy
1, Fairbridge Road, London N19 3EW**

Tel: 020-7272-7013

**Gestalt Centre
62, Paul Street, London EC2A 4NA**

Tel: 020-7613-4480

**Institute of Group Analysis
1, Daleham Gardens, London NW3 5BY**

Tel: 020-7431-2693

**Metanoia Institute
13, North Common Road, London W5 2QB**

Tel: 020-8579-2505

**Minster Centre
20, Lonsdale Road, Queens Park, London NW6 6RD**

Tel: 020-7644-6240

**Nafsiyat
262, Holloway Road, London N7 6NE**

Tel: 020-7686-8666

**Spectrum
7, Endymion Road, London N4 1EE**

Tel: 020-8341-2277

**Tavistock Centre
120, Belsize Lane, London NW3 5BA**

Tel: 020-7435-7111

**Westminster Pastoral Foundation (WPF)
23, Kensington Square, London W8 5HN**

Tel: 020-7361-4800

**Women's Therapy Centre
10, Manor Gardens, London N7 6JS**

Tel: 020-7263-6200

THE BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (BACP)

- A membership organisation that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the general public.
- The BACP's interactive website 'It's good to talk' is designed to inform the public about counselling.

Tel: 01455 88 33 00
Email: bacp@bacp.co.uk
Website: www.bacp.co.uk and
www.itsgoodtotalk.org.uk

You can search online for a counsellor and call to speak to someone about any queries or concerns you have about counselling.

THE BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE THERAPIES (BABCP)

- BABCP is the lead organisation for CBT in the UK. A registered charity with many thousands of members, BABCP aims to promote the practice, theory and development of CBT.
- BABCP is the only organisation which accredits CBT therapists.
- You can search online for accredited BABCP CBT and AREBT therapists.

Tel: 0161 705 4304
Email: babcp@babcp.com
Website: www.babcp.com and
www.cbtregisteruk.com

THE FREE PSYCHOTHERAPY NETWORK

- Website listing free / low cost services for ongoing psychological therapies.

Website: freepsychotherapynetwork.com

COUNSELLING DIRECTORY

- A database of counsellors and psychotherapists working in private practice with information on their training and experience, fees and contact details.

Website: www.counselling-directory.org.uk