

## External Counselling and Therapy (inc low cost)

ARBOURS ASSOCIATION	
<ul style="list-style-type: none"> <li>Fees: £30 - £60 per session</li> </ul>	<b>Address:</b> London-wide <b>Website:</b> <a href="https://www.arboursassociation.org/psychotherapy/">https://www.arboursassociation.org/psychotherapy/</a>
THE ASSOCIATION FOR GROUP AND INDIVIDUAL PSYCHOTHERAPY (AGIP)	
<ul style="list-style-type: none"> <li>Fees: £8 - £25 per session</li> <li>Full fee assessments and psychotherapy sessions offered London-wide.</li> <li>Group work offered</li> </ul>	<b>Address:</b> 1 Fairbridge Road, Archway, London N19 3EW <b>Website:</b> <a href="https://agip.org.uk/">https://agip.org.uk/</a>
THE AWARENESS CENTRE	
<ul style="list-style-type: none"> <li>Fees: £15 – £35 per session</li> <li>Some (free) NHS services available</li> <li>Full fee private work offered</li> </ul>	<b>Address:</b> Clapham, Tooting and Marylebone <b>Website:</b> <a href="https://theawarenesscentre.com/therapy-services/low-cost-counselling/">https://theawarenesscentre.com/therapy-services/low-cost-counselling/</a>
THE BOWLBY CENTRE (BLUES PROJECT)	
<ul style="list-style-type: none"> <li>Fees - £10 per session</li> </ul> <p>(website indicates no referrals possible at present)</p>	<b>Address:</b> Highbury, N5 <b>Website:</b> <a href="http://www.thebowlbycentre.org.uk/psychotherapy/the-blues-project/">www.thebowlbycentre.org.uk/psychotherapy/the-blues-project/</a>
THE BRANDON CENTRE	
<ul style="list-style-type: none"> <li>Free counselling and psychotherapy for young people (16-24) in <b>Islington</b> and <b>Camden</b></li> </ul> <p>Coaching and Wellbeing service also available</p>	<b>Address:</b> various, see website <b>Website:</b> <a href="http://www.brandon-centre.org.uk">www.brandon-centre.org.uk</a>
THE BRITISH PSYCHOTHERAPY FOUNDATION	
<ul style="list-style-type: none"> <li>Fees: £10 - £25 per session</li> <li>Minimum commitment of 2 years, three times a week</li> </ul>	<b>Address:</b> 37 Mapesbury Road, London NW2 4HJ <b>Website:</b> <a href="http://www.britishpsychotherapyfoundation.org.uk/therapy/low-fee-intensive-therapy">www.britishpsychotherapyfoundation.org.uk/therapy/low-fee-intensive-therapy</a>

<b>CAMDEN LISTENING &amp; COUNSELLING CENTRE</b>	
<ul style="list-style-type: none"> <li>Free initial consultation, then agreed low cost fee</li> </ul>	<b>Address:</b> TURC, Buck Street, London NW1 8NJ <b>Website:</b> <a href="http://www.camdenlistening.org.uk">www.camdenlistening.org.uk</a>
<b>CAMDEN PSYCHOTHERAPY UNIT</b>	
<ul style="list-style-type: none"> <li>Offers free and low fee psychotherapy</li> </ul>	<b>Address:</b> Camden Psychotherapy Unit, 87 - 89 Prince of Wales Road, London NW5 3NT <b>Website:</b> <a href="https://www.cpu-london.com/">https://www.cpu-london.com/</a>
<b>CENTRE FOR BETTER HEALTH</b>	
<ul style="list-style-type: none"> <li>Fees - £5 - £40 per session</li> </ul>	<b>Address:</b> 1A Darnley Road London E9 6QH <a href="http://www.centreforbetterhealth.org.uk/what-we-offer/counselling">http://www.centreforbetterhealth.org.uk/what-we-offer/counselling</a>
<b>CENTRE FOR COUNSELLING &amp; PSYCHOTHERAPY (CCPE)</b>	
<ul style="list-style-type: none"> <li>Fees – from £32 per session</li> </ul>	<b>Address:</b> Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE <b>Website:</b> <a href="http://www.ccpe.org.uk">www.ccpe.org.uk</a>
<b>CENTRE FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (CPPD)</b>	
<ul style="list-style-type: none"> <li>Fees - £15 minimum</li> </ul>	<b>Address:</b> 1-2 Palace Gates, The Campsbourne, Hornsey N8 7PN <b>Website:</b> <a href="http://cppdlondon.com">cppdlondon.com</a>
<b>CLAREMONT PROJECT</b>	
<ul style="list-style-type: none"> <li>Fees: between £10 and £30 per session</li> <li><b>For people who live or work in Islington</b></li> <li>Couples therapy also available</li> </ul>	<b>Address:</b> 24-27 White Lion St, London N1 9PD <b>Website:</b> <a href="http://www.claremont-project.org/psychotherapy/">www.claremont-project.org/psychotherapy/</a>
<b>COMMUNITY COUNSELLING – EAST HAM</b>	
<ul style="list-style-type: none"> <li>Fees - £10 - £25 per session</li> </ul>	<b>Address:</b> St Bart's Community Centre at 292b Barking Road, East Ham, London E6 3BA <b>Tel:</b> 020 8524 9711 <b>Email:</b> online email <b>Website:</b> <a href="http://www.communitycounselling.org.uk">http://www.communitycounselling.org.uk</a>

CITY AND HACKNEY PRIMARY CARE PSYCHOTHERAPY CONSULTATION SERVICE	
<ul style="list-style-type: none"> <li>An NHS service for people who are registered with a <b>City of London or Hackney GP</b>.</li> <li>Referrals must be made via your GP</li> </ul>	<b>Website:</b> <a href="http://cityandhackneyprimarycarepsychotherapyconsultation.nhs.uk">City and Hackney primary care psychotherapy consultation service (PCPCS) (tavistockandportman.nhs.uk)</a>
EALING ABBEY COUNSELLING SERVICE	
<ul style="list-style-type: none"> <li>Fees: £5 minimum per session</li> <li>For <b>Ealing residents, registered with a Borough of Ealing GP</b></li> <li>Some couples counselling available</li> </ul>	<b>Address:</b> 1a Montpelier Ave, London W5 2XP <b>Tel:</b> 020 8998 3361 <b>Website:</b> <a href="http://www.eacs.org.uk">www.eacs.org.uk</a>
FLEET COUNSELLING SERVICE	
<ul style="list-style-type: none"> <li>Fees: no fee for first session, subsequent sessions based on ability to pay</li> </ul>	<b>Address:</b> 3 Daleham Gardens, London NW3 5BY <b>Tel:</b> 020 7843 4482 <b>Website:</b> <a href="http://www.fleetcounselling.org/home">www.fleetcounselling.org/home</a>
GESTALT CENTRE	
<ul style="list-style-type: none"> <li>Fees: £20 – £40 per session</li> <li>Group work available</li> </ul>	<b>Address:</b> 15-23 St Pancras Way, London, NW1 0PT <b>Email:</b> <a href="mailto:lowcost.therapy@gestaltcentre.org.uk">lowcost.therapy@gestaltcentre.org.uk</a> <b>Website:</b> <a href="http://gestaltcentre.org.uk/find-a-counsellor-or-therapist/">gestaltcentre.org.uk/find-a-counsellor-or-therapist/</a>
GUILD OF PSYCHOTHERAPISTS	
<ul style="list-style-type: none"> <li>Fees: £35 consultation, then minimum of £5 per session</li> <li>Reduced fee clinic for people on low income living in <b>Southwark, Lambeth and Lewisham</b>.</li> <li>Referral service for private psychoanalytic psychotherapy, across London and surrounds</li> </ul>	<b>Address:</b> 47 Nelson Square, Blackfriars Road, London SE1 0QA <b>Website:</b> <a href="http://www.guildofpsychotherapists.org.uk">www.guildofpsychotherapists.org.uk</a>
HEADSTRONG	
<ul style="list-style-type: none"> <li>Fees: Assessment £30, then £15 - £35 per session</li> </ul>	<b>Address:</b> remote sessions <b>Website:</b> <a href="https://www.headstrongcounselling.co.uk/">https://www.headstrongcounselling.co.uk/</a>
HELP COUNSELLING	
<ul style="list-style-type: none"> <li>Fees – minimum of £25</li> </ul>	<b>Address:</b> 9 Orme Court, London W2 4 RL <b>Website:</b> <a href="http://www.helpcounselling.com">www.helpcounselling.com</a>

<b>HIGHGATE COUNSELLING CENTRE</b>	
<ul style="list-style-type: none"> <li>Fees: negotiable</li> </ul>	<b>Address:</b> 58a Highgate High Street, London N6 5HX <b>Website:</b> <a href="http://highgatecounselling.org.uk/">http://highgatecounselling.org.uk/</a>

<b>iCope</b>	
<ul style="list-style-type: none"> <li>NHS service for <b>London Boroughs of Camden and Islington residents</b></li> <li>range of different evidence-based psychological treatments</li> <li>Self-referral via form on website</li> </ul>	<b>Website:</b> <a href="http://www.icope.nhs.uk/camden-islington/">www.icope.nhs.uk/camden-islington/</a>

<b>IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES (IAPT)</b>	
<ul style="list-style-type: none"> <li>The IAPT programme provides therapeutic treatment via the NHS.</li> <li>Majority of London IAPT services are self-referral so you can make an appt without seeing a GP first.</li> <li>For more info see the appropriate website for your borough.</li> </ul>	<b>Google “IAPT Services” + your borough</b>

<b>INNER CITY CENTRE</b>	
<ul style="list-style-type: none"> <li>Fees: Sliding scale according to income</li> </ul>	<b>Address:</b> London wide. <b>Website:</b> <a href="http://www.icclondon.org.uk">www.icclondon.org.uk</a>

<b>THE KOAN PRACTICE</b>	
<ul style="list-style-type: none"> <li>Fees: minimum £20 per session.</li> <li>Couples therapy and CBT also offered</li> </ul>	<b>Address:</b> Upper floors, 19 Wentworth Street London E1 7TB <b>Website:</b> <a href="https://koan-psy.com">https://koan-psy.com</a>

<b>LONDON BOROUGH OF ISLINGTON COUNSELLING SERVICE</b>	
<ul style="list-style-type: none"> <li>for people of all genders who live in the Borough of Islington and who are survivors of domestic and sexual violence</li> </ul>	<b>Address:</b> United House, 39-41 North Road London, N7 9DP <b>Website:</b> <a href="https://www.solacewomensaid.org/our-services/london-borough-islington-counselling-service">https://www.solacewomensaid.org/our-services/london-borough-islington-counselling-service</a>

<b>LONDON CLINIC OF PSYCHOANALYSIS</b>	
<ul style="list-style-type: none"> <li>• Fees – minimum £5 per session</li> <li>• 5-times-a-week psychoanalysis</li> <li>• Long-term commitment (likely two years minimum)</li> </ul>	<p><b>Address:</b> Byron House, 112A, Shirland Road London W9 2BT</p> <p><b>Website:</b> <a href="http://psychoanalysis.org.uk/iopa-clinics/low-fee-scheme">psychoanalysis.org.uk/iopa-clinics/low-fee-scheme</a></p>

<b>MANOR HOUSE CENTRE FOR PSYCHOTHERAPY AND COUNSELLING</b>	
<ul style="list-style-type: none"> <li>• Fees: assessment £45, ongoing sessions from £15 according to income.</li> </ul>	<p><b>Address:</b> 80 East End Road, Finchley N2 2SY</p> <p><b>Website:</b> <a href="http://www.manorhousecentre.org.uk">www.manorhousecentre.org.uk</a></p>

<b>MAYA CENTRE: Counselling for Women</b>	
<ul style="list-style-type: none"> <li>• Free psychodynamic psychotherapy of 12 sessions for women only</li> <li>• For women living in Islington, Hackney, Haringey and Camden who have experienced trauma including domestic violence, physical or sexual abuse, war and conflict.</li> </ul>	<p><b>Address:</b> Unit 8, 9-15 Elthorne Road, London N19 4AJ</p> <p><b>Website:</b> <a href="http://www.mayacentre.org.uk">www.mayacentre.org.uk</a></p>

<b>METANOIA INSTITUTE</b>	
<ul style="list-style-type: none"> <li>• Fees: Assessment £15, sessions from £5 to £25</li> <li>• Group work available</li> </ul>	<p><b>Address:</b> 13 North Common Road, Ealing, London W5 2QB and 13 Gunnersbury Avenue London W5 3XD</p> <p><b>Website:</b> <a href="http://www.metanoia.ac.uk">www.metanoia.ac.uk</a></p>

<b>MIND</b>	
<ul style="list-style-type: none"> <li>• MIND is a large UK-wide mental health charity offering different kinds of support including low-cost counselling</li> </ul>	<p><b>Website:</b> <a href="http://www.mind.org.uk/information-support/local-minds/">www.mind.org.uk/information-support/local-minds/</a></p> <p>You can search here for the nearest MIND service to you.</p>

<b>MIND IN CITY AND HACKNEY</b>	
<ul style="list-style-type: none"> <li>• City and Hackney Mind provide a wide range of free services including counselling to people who are <b>registered with a GP in Hackney</b></li> </ul>	<p><b>Address:</b> 8-10 Tudor Road, Hackney E9 7SN or 15a Homerton Row, London E9 6ED</p> <p><b>Website:</b> <a href="http://www.mindchwf.org.uk/our-services/talking-therapies/">www.mindchwf.org.uk/our-services/talking-therapies/</a></p>

<b>MIND IN ISLINGTON</b>	
<ul style="list-style-type: none"> <li>Islington Mind provides counselling of up to 20 sessions to <b>residents of Islington</b>.</li> </ul>	<p><b>Address:</b> Unit 4, Archway Business Centre, 19-23 Wedmore Street, London N19 4RU  <b>Website:</b> <a href="http://www.islingtonmind.org.uk/our-services/counselling-and-psychotherapy/">www.islingtonmind.org.uk/our-services/counselling-and-psychotherapy/</a></p>
<b>MIND in TOWER HAMLETS</b>	
<ul style="list-style-type: none"> <li>Mind in Tower Hamlets provides counselling of up to 8 sessions to <b>residents of Tower Hamlets and Newham</b></li> </ul>	<p><b>Address:</b> Open House, 13 Whitethorn St, London E3 4DA  <b>Website:</b> <a href="http://www.mithn.org.uk">www.mithn.org.uk</a></p>
<b>MINSTER CENTRE</b>	
<ul style="list-style-type: none"> <li>Fees: Assessment £40, fees for further sessions on a sliding scale based on income</li> <li>Group work available</li> </ul>	<p><b>Address:</b> 20 Lonsdale Road, Queens Park, London NW6 6RD  <b>Website:</b> <a href="http://www.minstercentre.ac.uk/therapy/">www.minstercentre.ac.uk/therapy/</a></p>
<b>NUMBER 42</b>	
<ul style="list-style-type: none"> <li>Fees: Assessment £50, sessions are a minimum of £15</li> </ul>	<p><b>Address:</b> 42 Borough High Street, London SE1 1XW  <b>Website:</b> <a href="https://www.number42.org.uk/counselling-therapies/reduced-fee-service">https://www.number42.org.uk/counselling-therapies/reduced-fee-service</a></p>
<b>OFF CENTRE</b>	
<ul style="list-style-type: none"> <li>Off Centre offers free counselling or art therapy for young people aged between <b>16 and 25 who live in the City &amp; Hackney and have a City and Hackney GP</b></li> </ul>	<p><b>Address:</b> Unit 7, The Textile Building, 2a Belsham Street, London E9 6NG  <b>Website:</b> <a href="https://www.family-action.org.uk/what-we-do/children-families/off-centre/">https://www.family-action.org.uk/what-we-do/children-families/off-centre/</a></p>
<b>PSYCHOSYNTHESIS TRUST</b>	
<ul style="list-style-type: none"> <li>Fees: £25 registration to include assessment, session fees depending on income.</li> </ul>	<p><b>Address:</b> 92-94 Tooley Street, London SE1 2TH  <b>Website:</b> <a href="https://psychosynthesis-trust.org.uk/">https://psychosynthesis-trust.org.uk/</a></p>
<b>RELATE – FOR COUPLES COUNSELLING</b>	
<ul style="list-style-type: none"> <li>Means-tested affordable couples therapy</li> </ul>	<p><b>Address:</b> several, see website  <b>Website:</b> <a href="http://www.relate.org.uk">www.relate.org.uk</a></p>

RE-VISION	
<ul style="list-style-type: none"> <li>Fees: Assessment £20, further sessions £10-£35</li> <li>Counselling with a spiritual perspective</li> </ul>	<p><b>Address:</b> 97 Brondesbury Road, London NW6 6RY</p> <p><b>Website:</b> <a href="http://www.re-vision.org.uk">www.re-vision.org.uk</a></p>

SOCIETY OF ANALYTICAL PSYCHOLOGY (SAP)	
<ul style="list-style-type: none"> <li>Fees: Assessment £90 (2 sessions) for low income, further sessions on application</li> <li>Commitment to 1-4 sessions per week for 1-2 years required</li> </ul>	<p><b>Address:</b> 11 Daleham Gardens London, NW3 5BY</p> <p><b>Website:</b> <a href="https://www.thesap.org.uk/psychological-help-psychotherapy-analysis-therapy-treatment/the-sap-clinic-and-consultation-service/">https://www.thesap.org.uk/psychological-help-psychotherapy-analysis-therapy-treatment/the-sap-clinic-and-consultation-service/</a></p>

SPIRAL HOLISTIC THERAPY CENTRE	
<ul style="list-style-type: none"> <li>Fees: on application</li> </ul>	<p><b>Address:</b> Spiral Centre 2 Shelburne Road, London N7 6DL</p> <p><b>Website:</b> <a href="https://spiralcentre.org/">https://spiralcentre.org/</a></p>

STEP FORWARD	
<ul style="list-style-type: none"> <li>Free counselling and advice for young people aged <b>11-25</b></li> <li>Available to <b>people in Tower Hamlets</b></li> <li><b>Open ended counselling</b> available up to a year, for residents of E London.</li> <li>Advice on wellbeing, sexual health, personal development, LGBTQ+ and mental health.</li> </ul>	<p><b>Address:</b> 234 Bethnal Green Road, E2 0AA</p> <p><b>Tel:</b> 020 7739 3082</p> <p><b>Email:</b> <a href="mailto:info@step-forward.org">info@step-forward.org</a></p> <p><b>Website:</b> <a href="http://www.step-forward.org">www.step-forward.org</a></p>

TAVISTOCK CLINIC - YOUNG PEOPLE'S CONSULTATION SERVICE (YPCS)	
<ul style="list-style-type: none"> <li>Offers free 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.</li> <li><b>Available in these London boroughs:</b> <ul style="list-style-type: none"> <li>Barnet (up to 25 years old)</li> <li>Camden (16 – 30)</li> <li>Hammersmith &amp; Fulham (18 – 30)</li> </ul> </li> <li>self-referral by phone</li> </ul>	<p><b>Address:</b> Tavistock Centre, 120 Belsize Lane, London NW3 5BA</p> <p><b>Website:</b> <a href="https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/young-peoples-consultation-service-ypcs/">https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/young-peoples-consultation-service-ypcs/</a></p>

WATERLOO COMMUNITY COUNSELLING	
<ul style="list-style-type: none"> <li>Low fee counselling service (waiting list currently closed – summer 2022)</li> </ul>	<p><b>Address:</b> Barley Mow Clinic, Greet House, Frazier St, London SE1 7BD</p> <p><b>Website:</b> <a href="http://www.waterloocc.co.uk">www.waterloocc.co.uk</a></p>

<b>WOMEN AND HEALTH</b>	
<ul style="list-style-type: none"> <li>• Fees: free for short-term, £15-£45 for longer-term</li> <li>• counselling for <b>women registered with a Camden GP</b></li> <li>• Also available to male clients on Thurs and Fri from 5 pm</li> </ul>	<b>Address:</b> 4 Carol Street, London NW1 OHU <b>Website:</b> <a href="http://www.womenandhealth.org.uk">www.womenandhealth.org.uk</a>

<b>WOMAN'S TRUST (Recovery from Domestic Abuse)</b>	
<ul style="list-style-type: none"> <li>• Offering up to 18 weeks of therapy free of charge across Greater London</li> <li>• Support groups and workshops also available</li> </ul>	<b>Address:</b> PO Box 70420, London NW1W 7QL Based in Paddington <b>Website:</b> <a href="http://www.womanstrust.org.uk">www.womanstrust.org.uk</a>

<b>WPF Therapy</b>	
<ul style="list-style-type: none"> <li>• Fees: £120 assessment, £40-£80 per session</li> <li>• Long term psychodynamic psychotherapy</li> <li>• Group work available</li> </ul>	<b>Address:</b> 23 Magdalen Street, London, SE1 2EN <b>Website:</b> <a href="http://www.wpf.org.uk">www.wpf.org.uk</a>

## Counselling Directories / Registers

<b>THE BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (BACP)</b>	
<ul style="list-style-type: none"> <li>• A membership organisation that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the general public.</li> </ul>	<b>Website:</b> <a href="https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/">https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/</a> You can search online for a counsellor or psychotherapist

<b>THE BRITISH ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE THERAPIES (BABCP)</b>	
<ul style="list-style-type: none"> <li>• BABCP is the lead organisation for CBT in the UK..</li> </ul>	<b>Website:</b> <a href="http://www.babcp.com">www.babcp.com</a> and <a href="http://www.cbtregisteruk.com">www.cbtregisteruk.com</a>



BRITISH PSYCHOANALYTIC COUNCIL (BPC)	
<ul style="list-style-type: none"> <li>A leading organisation for psychoanalytic psychotherapy</li> </ul>	<b>Website:</b> <a href="https://www.bpc.org.uk">https://www.bpc.org.uk</a>

UK COUNCIL FOR PSYCHOTHERAPY (UKCP)	
<ul style="list-style-type: none"> <li>A leading organisation for psychotherapists and psychotherapeutic counsellors</li> </ul>	<b>Website:</b> <a href="https://www.psychotherapy.org.uk/">https://www.psychotherapy.org.uk/</a>

COUNSELLING DIRECTORY	
<ul style="list-style-type: none"> <li>A database of counsellors and psychotherapists working in private practice with information on their training and experience, fees and contact details.</li> </ul>	<b>Website:</b> <a href="http://www.counselling-directory.org.uk">www.counselling-directory.org.uk</a>

THE FREE PSYCHOTHERAPY NETWORK	
<ul style="list-style-type: none"> <li>Website listing free and low cost services for ongoing psychological therapies.</li> </ul>	<b>Website:</b> <a href="http://freepsychotherapynetwork.com">freepsychotherapynetwork.com</a>

## Specialist directories

BLACK, AFRICAN AND ASIAN THERAPY NETWORK (BAATN)	
<ul style="list-style-type: none"> <li>a directory of private therapists of colour and a range of wellbeing resources</li> </ul>	<b>Website:</b> <a href="https://www.baatn.org.uk/find-a-therapist/#!directory/ord=rnd">https://www.baatn.org.uk/find-a-therapist/#!directory/ord=rnd</a>

PINK THERAPY	
<ul style="list-style-type: none"> <li>for gender, sex and relationship diverse clients</li> </ul>	<b>Website:</b> currently under construction

GENDERED INTELLIGENCE	
<ul style="list-style-type: none"> <li>Network of therapists and counsellors who wish to offer their services to trans people and their families and partners</li> </ul>	<b>Website:</b> <a href="http://genderedintelligence.co.uk/professionals/therapists-and-counsellors/directory">http://genderedintelligence.co.uk/professionals/therapists-and-counsellors/directory</a>

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