

Birkbeck College Counselling Service

Information on finding further counselling/ psychotherapy

There are several possible ways of accessing further counselling/ psychotherapy:

- 1) via your GP: most GPs would be able to refer you for short-term counselling, with a counsellor based either in your surgery or in another health centre in the locality; sometimes they can also offer you different services such as computer-based self-help materials. If your GP considers that your needs are greater than can be met by these resources, s/he can refer you for longer-term psychotherapy on the NHS.
- 2) various organisations in your area which provide low cost/ sliding scale therapy depending on your income. These are either charities providing services to the local community, or else psychotherapy training organisations where trainees provide a low-cost service. Some of these organisations are listed here.
- 3) organisations providing counselling/ therapy for specific issues or communities, e.g. drug & alcohol misuse, domestic violence, LGBT communities. These are not included in this document, but do ask us as we might have further information available. **Please see our website for specialist organizations.**
- 4) privately, via the websites of the main professional organisations for counsellors or psychotherapists. The contact details for these are at the end of this document.

Organisations offering counselling/ psychotherapy

London-wide: Community Organisation

www.mind.org.uk

This website will give you details of your local branch of Mind, a charity promoting emotional and mental health. Each local branch is autonomous, so services vary from one area to another; some provide counselling services, others don't; some are open to anyone in the local area, others require GP referral.

Central London/ City

Community Organisations

The Caravan Drop-In & Counselling Service	
Open 7 days per week Mon-Fri 11am to 7pm Sat-Sun 10 am to 7pm Free: Drop-in counselling	St. James' Church 197 Piccadilly London W1J 9LL Voicemail/Fax: 020 3137 9984 info@thecaravan.org.uk www.thecaravan.org.uk

Inner City Centre	
Sliding scale (students £15-25 dependent on income) Long-term & brief focused therapy Location -London wide Referrals take up to 2 weeks Self-referral online or telephone to book initial consultation	93 Chevening Road London NW6 6DA0 020 7247 1589 referrals@icclondon.org.uk http://www.icclondon.org.uk

LACAP- London Association for Counselling & Psychotherapy / Koan Practice	
A group practice of therapists. Long and short term therapy, couples therapy and CBT. Appointments available day, evenings and weekends. Fees according to income - £20 plus 1/1000th of your annual income. Students and low waged £10 - £15 per session. Self-referral book online (only) for initial consultation	10 Cobb Street, London E1 7LB And 19 Wentworth St, London E1 7TB http://www.koan-psy.com/ Email: mail@psychotherapy.me Website: www.london-counselling-psychotherapy.co.uk

Waterloo Community Counselling	
Time limited (18 weeks) & longer term (up to 2yrs) Time-limited work free (18 weeks only) Sliding Scale (dependent on income, from £10) Multi-ethnic counselling (various languages) Reduced fees for Southwark Residents.	Barley Mow Clinic Frazier Street London SE1 7BD 020 7928 3462 info@waterloocc.co.uk http://www.waterloocc.co.uk/

Training Organisations with Low-Cost Clinics Central London/City

Gestalt Centre	
8 week waiting list (approx) Low cost sliding scale £15 -30 (dependent on income) Self-referral by email/phone	96-100 Clifton Street London EC2A 4TP www.gestaltcentre.co.uk jacqueline@gestaltcentre.co.uk (020) 7247 6501

Westminster Pastoral Foundation (WPF)	
Long & Short term therapy CBT, DIT, psychodynamic and psychoanalytic, and group therapy Fees are linked to income bands	23 Magdalen Street London SE1 2EN Tel: 020 7378 2002 reception@wpf.org.uk

<p>Saturday appointments available Registration fee is £25 and assessment session costs between £45 and £60. Ongoing sessions from £30 minimum. Low cost clinic for full-time students and the unemployed - £20 per session (set appt times 8am, 9am and 10am Mon-Fri and all day Saturday).</p>	<p>www.wpf.org.uk/</p>
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The Psychosynthesis & Education Trust	
<p>Sliding scale £20-£10 (dependent on income) Long-term & short-term therapy From 1st contact to starting counselling, usually 2 weeks</p>	<p>92-94 Tooley Street London SE1 2TH Tel. 020 7403 7814 www.counsellingservice.org.uk cservice@petrust.org.uk</p>

North London

Community Organisations

Arbours Association	
<p>Internationally renowned registered charity with 40 years' experience providing psychotherapeutic support. Offers low fee psychoanalytic psychotherapy in North & South London, £5 - £15 per session.</p>	<p>020 8340 7646 info@arboursassociation.org www.arboursassociation.org (online referral form)</p>

The Association For Group and Individual Psychotherapy (AGIP)	
<p>Psychoanalytic psychotherapy. AGIP's Fairbridge Clinic offers twice weekly psychotherapy to those on low incomes with fees ranging from £8 to £18 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>	<p>1 Fairbridge Road, Archway, London N19 3EW 020 7272 7013 office@agip.org.uk www.agip.org.uk (online referral form)</p>

The Brandon Centre	
<p>Free counselling and psychotherapy for 12 to 21 year olds. Only available for young people in Boroughs of Islington and Camden. Also run a clinic called the Drum for young people who live/study in Islington. Appts on Thurs and Fri.</p>	<p>26 Prince of Wales Road, NW5 3LG Drum address: 167 Whitecross St, EC1Y 8JT 020 7267 4792 counselling@brandoncentre.org.uk www.brandon-centre.org.uk</p>

Camden Psychotherapy Unit	
<p>Short-term therapy of 3 months, 6</p>	<p>Camden Psychotherapy Unit</p>

months or up to a year. Long-term therapy up to 2 years. Group therapy also available.	293-299 Kentish Town Road London NW5 2TJ 020 7284 6558 cpu@vac.org.uk http://www.cpu-london.com/
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Tavistock Clinic's Young People's Consultation Service (YPCS) and Adolescent and Young Adult Service (AYAS)	
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. YPCS 16-30 yrs, AYAS 14-25 yrs. London boroughs: Islington, Camden, Fulham, Hammersmith (GP address, not home address) Only accepts self-referral.	Tavistock Centre, 120 Belsize Lane, London NW3 5BA 020 8938 2337 (Mon-Thu 10am-6pm) atyps@tavi-port.nhs.uk https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/adolescent-and-young-adult-service-ayas/ https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/young-peoples-consultation-service-ypcs/

Camden Listening & Counselling Centre	
12-24 sessions Monday 6-9pm and Wednesday 3-9pm Listening service – free Low cost (sliding scale dependent on affordability)	Trinity United Reformed Church 1 Buck Street Camden, London NW1 8NJ 020 7482 6200 camdenlistening@yahoo.co.uk www.camdenlistening.org.uk

Claremont Project	
Available to Islington residents (few spaces for non-residents) Low cost psychotherapy £10 -£25 Low cost one-to-one Art Therapy service. Waiting list varies (busy periods up to 4 months)	24-27 White Lion Street Islington, London N1 9PD 020 7837 3402 www.claremont-project.org claire@claremont-project.org Amanda@claremont-project.org (Art Therapy contact)

Spiral Centre	
Fees £10 and £35 per session (dependent on circumstances) Couples counselling available	2 Shelburne Road Islington, London N7 6DL 020 7607 4403 info@spiralcentre.org www.spiralcentre.org

Women's Therapy Centre	
Low cost (dependent on income)	10 Manor Gardens London N7 6JS

Group & Individual Psychoanalytic Psychotherapy	020 7263 7860 appointments@womenstherapycentre.co.uk www.womenstherapycentre.co.uk
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Enfield Counselling Service	
Psychodynamic counselling £25 - £45 (Individual Counselling dependent on circumstances) £30 - £50 (Couples Counselling) £30 initial assessment for students Group therapy	St Paul's Centre, 102A Church Street Enfield EN2 6AR 020 8367 2333 ecs@onetel.com www.enfieldcounselling.co.uk

Enfield Women's Centre	
Counselling, and services for women	31A Derby Road Ponders End Enfield EN3 4AJ 020 8443 1902 info@enfieldwomen.org.uk www.enfieldwomen.org.uk

Highgate Counselling Centre	
Individual Psychodynamic Counselling (up to two years) Bereavement counselling (short-term) Short-term individual & group £28 and £65 (dependent on income) Group therapy £13 and £27 per session (suggested contribution) Other languages spoken.	Tetherdown Halls Tetherdown London N10 1ND 020 8883 5427 admin@highgatecounselling.org.uk www.highgatecounselling.org.uk

Women and Health	
Women registered with GP in Camden Short-term Counselling (6-12) -NHS funded (free) Long-term Counselling – waiting list closed	4 Carol Street Camden, London NW1 0HU 020 7482 2786 connect@women-and-health.org www.women-and-health.org

Solace Women's Aid	
16 sessions free domestic or sexual violence, historic or current Can continue in a therapy group after individual sessions are over Women's support group too. Also pan-London availability Self referral	Unit 5-7 Blenheim Court 62 Brewery Road London N7 9NY Helpline freephone:0808 802 5565 Counselling number : 020 7619 1360 counselling@solacewomensaid.org

North London Training Organisations with Low-Cost Clinics

Minster Centre	
Fees range from £45 - £10 depending on circumstances	20 Lonsdale Road Queen's Park, London NW6 6RD 020 7644 6242

	<p>info@minstercentre.org.uk www.minstercentre.org.uk</p>
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Re.Vision - Centre for Integrative Psychosynthesis	
<p>Low cost £10-35 (dependent on income) 12-24 sessions</p>	<p>97 Brondesbury Road, Queens Park, London NW6 6RY 0208 357 8881 info@re-vision.org.uk www.re-vision.org.uk</p>

The Philadelphia Association	
<p>Individual long- or short-term psychotherapy Group psychotherapy Couple and/or family therapy Sliding scale dependent on circumstances Community houses for short-term respite</p>	<p>4 Marty's Yard 17 Hampstead High Street London NW3 1QW 020 7431 5471 referrals@philadelphia-association.org.uk www.philadelphia-association.org.uk</p>

The Bowlby Centre	
<p>The Blues Project (low cost- low waged & benefits) £10 for a minimum of 2 sessions per week – a weekly total of £20. Assessment £35</p>	<p>1 Highbury Crescent London N5 1RN 07825 128267 / 020 7700 5070 referrals@thebowlbycentre.org.uk www.thebowlbycentre.org.uk</p>

Counselling Initiative	
<p>21yrs minimum age £10 min donation (dependent on circumstances)</p>	<p>Hornsey Vale Community Centre 60 Mayfield Road London, N8 9LP 020 8815 1962 / 07984 55 00 80 http://www.counselling-directory.org.uk/counsellors/counselling-initiatives</p>

British Psychotherapy Foundation	
<p>Experienced professionals undergoing an advanced stage of training offer reduced fee scheme: fees range between £5-£25 per session (amount is discussed with Reduced Fee Scheme Organizer listed on the website). Therapy can potentially be undertaken across different parts of London.</p>	<p>37 Mapesbury Road London NW2 4HJ Tel +44(0)20 8452 9823 www.britishpsychotherapyfoundation.org.uk</p>

The Society of Analytical Psychology	
<p>London & Nation-wide Standard Fee: Assessment £75. Ongoing fee negotiated Reduced Fee Scheme: Assessment £45 Ongoing fee minimum £15 per hr 4 sessions per week for two years</p>	<p>1 Daleham Gardens, London, NW3 5BY 020 7435 7696 clinic@thesap.org.uk www.thesap.org.uk</p>

West London

Community Organisations

Ealing Abbey Counselling Service	
Individual counselling Sliding scale (£5-35 dependent on income) (closed during August) Anger management groups Couples psychosexual counselling	1A Montpelier Avenue Ealing, London W5 2XP 020 8998 3361 counselling@eacs.org.uk www.eacs.org.uk

Communicare Counselling Service	
Sliding scale £20-£45 (dependent on income)	Christchurch Redford Way Uxbridge, Middlesex UB8 1SZ 01895 256056 ccsenquiry@btinternet.com www.communicarecounsellingservice.co.uk

Phoenix Counselling and Psychotherapy	
£30 pre session, sliding scale acc to means £15-30, bursary rates of £10 available to low-income	1-3 Hanworth Road Feltham, Middlesex TW13 5AF 0208 8903133 office@phoenixcounselling.org http://www.phoenixcounselling.org

HELP Counselling Centre	
6-session contract to start. Average number of sessions is 24, longer-term work is available. Sliding scale contribution	57 Portobello Road, London W11 3DB 020 7221 9974 info@helpcounsellingcentre.com www.helpcounselling.com

West London Training Organisations with Low-Cost Clinics

Metanoia Counselling & Psychotherapy	
Sliding scale £5-25 (dependent on circumstances) Long-term (up to 6 months)	13 North Common Road Ealing, London W5 2QB shea.holland@metanoia.ac.uk www.metanoia.ac.uk 020 8832 3080

CCPE (Centre for Counselling & Psychotherapy Education)	
Initial assessment costs £50 (concessionary rate £25) Sliding scale £25 upwards (dependent on income)	Beauchamp Lodge 2 Warwick Crescent London W2 6NE 020 7266 3006 www.ccpe.org.uk

Fresh Start (affiliated with CCPE)	
£12.00-£25.00 per session (dependent on income) Exceptional circumstances £5	Details as above 020 7691 7638 http://www.freshstartpsychotherapy.co.uk/ enquiries@freshstartpsychotherapy.co.uk

East London

Community Organisations

Centre for Better Health Counselling Service	
£10-20 (for part-time employed) Wide range of approaches including CBT Up-to 1year	1A Darnley Road London E9 6QH 0208 9853570 admin@centreforbetterhealth.org.uk www.centreforbetterhealth.org.uk

Crossroads	
Tower Hamlets only (live, work or worship) Sliding scale of fees Founded on Christian faith, but works with those of all faiths Long-term, Integrative Mon, Wed & Fri day & Mon–Wed eves	144 Roman Road Bethnal Green London E2 0RY 020 8981 8388 info@crossroadscounselling.org www.crossroadscounselling.org

Off Centre	
Off Centre offers free counselling, art therapy and drama therapy for young people aged between 11 and 25 who live, work or study in Hackney . Self-referrals (in person, by phone or via online enquiry form) or referrals from professionals. Usually offer counselling up to 12 weeks	25-27 Hackney Grove, E8 3NR 020 8986 4016 www.offcentre.org.uk

Phoenix Counselling Service	
Low-cost from £15 (Ilford & Dagenham Centres) Workshops from £25 half day	591 Heathway Dagenham, Essex RM10 7SH 020 8984 9887 administrator@phoenix-counselling.co.uk www.phoenix-counselling.co.uk

Step Forward	
Free counselling and advice for young people aged 11-25. Available to anyone in London. Open ended counselling available up to 1yr. Assessments offered within 2 weeks.	234 Bethnal Green Road, E2 0AA 020 7739 3082 info@stepforward-web.org www.stepforward-web.org

LGBTQ regular weekly personal development group- young people can contact solyma@step-forward.org for more information	
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Community Psychotherapy Network	
A social enterprise in Bethnal Green Offers group-based psychological work, with once weekly and twice weekly groups, and psychodynamic psychotherapy for individuals, couples and families. 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 open-ended counselling with a sliding scale of fees. Minimum charge is £5, low-fee £15-£25, normal fee £25-£60.	15/b Old Ford Road, Bethnal Green, London, E29PL 020 3539 9647 and 07403 603 615 info@communitypsychotherapy.org.uk http://communitypsychotherapy.org.uk/

Community Counselling East Ham	
Non-religious (no affiliation with church where service is located) Open-ended counselling £6-15 (dependent on circumstances)	St Bartholomew's Centre 292B Barking Road East Ham, London E6 3BA 07547 893 700 or 020 8524 9711 www.communitycounselling.org.uk

East London Training Organisations with Low-Cost Clinics

Guild of Psychotherapists	
Professional and training organisation for psychoanalytic psychotherapists. Referral service for private psychoanalytic psychotherapy, across London and surrounds. Speak to referral coordinator, Kati Grey for E. London: assessment over phone, unless cause for concern, then face-to-face assessment. 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 therapists. Weekly/twice weekly up to 2 years.	47 Nelson Square, Blackfriars Road, London SE1 0QA 020 7401 3370/020 8471 8016 (Katie Grey) admin@guildofpsychotherapists.org.uk www.guildofpsychotherapists.org.uk

South East London

Community Organisations

Cassel Centre	
A low-cost service based on a sliding scale according to individual or family income Up-to 1yr	4 Waldram Park Road, Forest Hill, London SE23 2PN 020 8291 3436 www.casselcentre.btck.co.uk referrals@casselcentre.org

Centre 70 Counselling

Fees are for initial assessment and ongoing counselling sessions calculated on a sliding scale based on income and individual circumstances. Short & long-term therapy.	46 Knights Hill West Norwood, London SE27 0JD 020 8670 2775 www.counselling-centre70.org.uk
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Bromley Community Counselling Service	
Initial assessment £15 Sliding scale £35-£10 (dependent on circumstances) Short & long-term	121 Masons Hill Bromley, Kent BR2 9HT 020 8460 7711 contact@bccs.uk.com www.bccs.uk.com

South-West London

Community Organisations

Awareness Centre Counselling Service	
Students £15 - £30 (assessment & ongoing) Wide range of counselling modalities Multilingual and LGBT Counselling	41 Abbeville Road Clapham, London SW4 9JX 020 8673 4545 counselling@theawarenesscentre.com www.theawarenesscentre.com

Equilibrium	
Sliding scale £35-£40 (depending on income)	88 Pulborough Road Southfields, London SW18 5UJ 020 8708761 info@equilibrium88.co.uk www.equilibrium88.co.uk

Wimbledon Guild Counselling Service	
Sliding scale dependent on income	1st Floor, Guild House, 30-32 Worple Road, Wimbledon, London SW19 4EF 020 8296 0030 gvaratharaja@wimbledonguild.co.uk http://www.wimbledonguild.co.uk/counselling.html

Balham Community Counselling Service	
Concessions available	91 Bedford Hill Balham, London SW12 9HE 020 8673 4422 counsellingbcc@btconnect.com http://balhamcommunitycentre.com/counselling-service.html

Albany Trust	
Gender, sexuality and relationship issues LGBT couples and Individuals Low Cost £10 - £45 for individuals £40 - £55 for couples.	239a Balham High Road Balham, London SW17 7BE 020 8767 1827 info@albanytrust.org

www.albanytrust.org

Training Organisations with Low-Cost Clinics SW London

British Psychotherapy Foundation (formally Lincoln clinic)	
£5-£25 for each of 3 or 4 sessions per week (commitment of 2yrs)	19 Abbeville Mews 88 Clapham Park Road London SW4 7BX 020 7482 2002 lindac@bpf-psychotherapy.org.uk www.britishpsychotherapyfoundation.org.uk/Find-a-Therapist

Private Counselling/ Psychotherapy

Expect to pay approx. £30-£60+ per session. Some counsellors offer some lower cost sessions, depending on your means.

British Association for Counselling & Psychotherapy

www.itsgoodtotalk.org.uk/therapists

Professional organisation for counsellors/ psychotherapists: has directory of counsellors in all parts of the UK on the website. Contact individual counsellors to discuss fees etc.

UK Council for Psychotherapy

www.ukcp.org.uk

Professional organisation for psychotherapists: has a directory of psychotherapists on the website.

British Association for Behavioral & Cognitive Psychotherapies

<http://www.babcp.com/>

Professional Organisation for Behavioral & Cognitive Therapist
Directory of counsellors in all parts of the UK on the website.
Contact individual counsellors to discuss fees etc.

Counselling Directory

www.counselling-directory.org.uk

Search for counsellors. Psychotherapists in your area
Articles written on various mental health issues

Improving Access to Psychological Services (IAPT)

www.iapt.nhs.uk/iapt

This programme supports the frontline NHS in implementing National Institute for Health and Clinical Excellence (NICE) guidelines for people suffering from depression and anxiety disorders. Information on your local IAPT services is available via the above website.

PLEASE NOTE: This list is intended to provide information regarding counselling & psychotherapy services in London. We are unable to recommend or endorse any of these services. You may wish to check whether they are currently registered with a professional body such as the BACP (see website addresses above).