# STUDENT &

ACADEMIC SERVICES

Counselling Service

 **COUNSELLING SUPPORT AND RESOURCES**

**STUDENTS**

* **Students Against Depression**

Web: [www.studentdepression.org](http://www.studentdepression.org/)

Self-help resource for suicidal thinking & depression

* **Student Minds** - 0113 343 8440

Web: <https://www.studentminds.org.uk>

Email: info@studentminds.org.uk

**ADDICTIONS**

* **Action on Addiction** – 0300 330 0659

Web: [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk/)

Email: enquiries@actiononaddiction.org.uk

Various kinds of support & counselling for addictions

* **Alcohol Anonymous** - 0800 9177 650

Web: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/)

Email: help@aamail.org

 Confidential support for people with alcohol issues

* **Drinkaware -** 020 7766 9900

Web: [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Email:contact@drinkaware.co.uk

* **Get Connected** – 0203 993 5571

Web: [www.getconnected.org.uk](http://www.getconnected.org.uk/)

Email: info@getconnected.org.uk

A range of support and advice for a variety of addiction

* **Gamcare –** 0808 8020 133

Web: [www.gamcare.org.uk](http://www.gamcare.org.uk/)

Email: info@gamcare.org.uk

Support, advice and information for anyone concerned about gambling

* **National Drugs Helpline aka Frank** – 0300 123 6600 (daily; 24 hours a day); text 82111

Web: [www.talktofrank.com](http://www.talktofrank.com/)

Email: frank@talktofrank.com

Free, confidential advice & information on drugs in different languages

* **Release** – 020 7324 2989

Web: [www.release.org.uk](http://www.release.org.uk/)

Email: ask@release.org.uk

Information & advice about health, welfare & legal matters for drug users & families/friends

* **Recover Now** – 07976247833

Web**:**[www.recovernow.co.uk](http://www.recovernow.co.uk/)

Email: help@recovernow.co.uk

Confidential information & support for people struggling with drug or alcohol

* **Hudson Centre, Psychotherapy & Recovery** – 0207 493 4488

Web: [www.sexualaddict.co.uk](http://www.sexualaddict.co.uk/)

Email: info@thehudsoncentre.co.uk

Psychotherapy & treatment for sex addiction, including low cost therapy

* **Marylebone Centre** – 020 7224 3532

Web: [www.sexual-addiction.co.uk](http://www.sexual-addiction.co.uk/)

Email: info@marylebonecentre.co.uk

Treatment programmes for addictive compulsive patterns of sexual behaviour

* **Centre for Compulsive & Addictive Behaviours** – 020 3214 5700

Web: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse>

Offers psychological treatment for a range of compulsive behaviours

* **OCD UK** – 03332 127 890

Web: [www.ocduk.org](http://www.ocduk.org/)

Email: support@ocduk.org

A charity dedicated to supporting those who are affected by obsessive compulsive disorder

**ANXIETY, PHOBIAS & PANIC ATTACKS**

* **Anxiety UK** – 03444 775 774

Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

Email: support@anxietyuk.org.uk

Various forms of support for those living with anxiety disorders

* **No Panic** – 0844 967 4848 (daily; 10am – 10pm)

Web: [www.nopanic.org.uk](http://www.nopanic.org.uk/)

Email: info@nopanic.org.uk

Information & support for sufferers & carers of people with panic, anxiety, phobias & OCD

**BEREAVEMENT**

* **Bereft Bereavement Support** – 020 8896 2800

Web: [www.bereftbereavementsupport.co.uk](http://www.bereftbereavementsupport.co.uk/)

Email: bereftbereavementsupport@hotmail.co.uk

Bereavement support for Ealing residents

* **Camden, City, Islington and Westminster Bereavement Service**

NW5

[www.bereavement-counselling.org](http://www.bereavement-counselling.org/)

020 7284 0090

Bereavement related counselling for those living or working in the named areas.  No charge but donations welcome

* **CARIS Islington Bereavement Service -** 0207 2815200

 **E:** info@carisislington.org

 Free bereavement counselling and consultation for Islington residents.

* **CRUSE Bereavement Care** – 0808 808 1677

Web:  [www.cruse.org.uk](http://www.cruse.org.uk)

Email: Depends on the branch of Cruse – see website for more information

Support to promote the wellbeing of bereaved people

* **Survivors of Bereavement by Suicide –** 0300 111 5065

Web: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk/)

Email: email.support@uksobs.org

Support to meet the needs & break the isolation of those bereaved by suicide

**BODY DISMORPHIA**

* Web: <https://bddfoundation.org/>

**COUNSELLING & PSYCHOTHERAPY**

* **Anchor Counselling** – 020 8867 7660

Web: [www.anchorcounselling.org](http://www.anchorcounselling.org/)

Email: info@anchorcounselling.org

Free, confidential counselling service in various languages

* **Association for Group and Individual Psychotherapy -** 0207 272 7013

[Agip.org.uk](http://agip.org.uk/)

Low fee at the Fairbridge Clinic – contact them for fees. They expect a commitment to stay in therapy for two years.

* **The Blues Project** - 020 7700 5070

Web: [www.thebowlbycentre.org.uk/psychotherapy/the-blues-project](http://www.thebowlbycentre.org.uk/psychotherapy/the-blues-project)

Email: admin@thebowlbycentre.org.uk

Low cost therapy for a minimum of two sessions per week

* **British Psychotherapy Foundation** – 020 8452 9823

Web: [www.britishpsychotherapyfoundation.org.uk](http://www.britishpsychotherapyfoundation.org.uk/)

Email: enquiries@bpf-psychotherapy.org.uk

Offers an online directory of therapists & low-cost counselling in North West & South London

* **The Centre for Better Health -** 0208 9853570

Web: [www.centreforbetterhealth.org.uk](http://www.centreforbetterhealth.org.uk)

Email: admin@centreforbetterhealth.org.uk

A low-cost integrative counselling service in Hackney.

* **CPU (Camden Psychotherapy Unit) -** 020 7284 6558

Web:[http://www.cpu-london.com/](file:///C%3A%5CUsers%5CEMILYS%5CDocuments%5C%C2%A0http%3A%5Cwww.cpu-london.com%5C)

Email: admin@cpulondon.com

CPU offers free and low fee psychoanalytic psychotherapy to people from across London from any background

* **Ealing Abbey Counselling Service** – 020 8998 3361

Web:[www.eacs.org.uk](http://www.eacs.org.uk)

Email: counselling@eacs.org.uk

Counselling support offering a wide range of services

* **Free Psychotherapy Network**

Web:[http://freepsychotherapynetwork.com/](file:///C%3A%5CUsers%5CEMILYS%5CDocuments%5C%C2%A0http%3A%5Cfreepsychotherapynetwork.com%5C)

Email: peter@empathyzone.com

A group of psychotherapists offering free and low-fee psychotherapy to people on low incomes

* **Highgate Counselling Centre East Finchley/Muswell Hill -** 020 8883 5427

Web: <http://highgatecounselling.org.uk>

Email: admin@highgatecounselling.org.uk

Low-cost individual, group, couple and family counselling, 21+ years old.

* **iCope Psychological Therapies North Camden - 020 3317 3500**

Web: [www.candi.nhs.uk](http://www.candi.nhs.uk)

Free self-referral for psychological therapies for those 18+ living in Camden or Islington, including therapy for depression, anxiety or other common mental health problems.

* **Inner City Centre -** 020 7247 1589

Web:[www.icclondon.org.uk](http:// www.icclondon.org.uk)

Email: **referrals@icclondon.org.uk**

Low-cost individual, couple and group counselling/psychotherapy

* **Institute of Group Analysis -** 020 7431 4431/2693

Web: **https://www.groupanalysis.org/**

Email: iga@groupanalysis-uk.co.uk contact@igareferrals.co.uk

Network of group analysts offering group psychotherapy. Reduced/concessionary fees available.

* **Institute of Psychoanalysis** - **020 7563 5000**

www.p[sychoanalysis.org.uk](http://psychoanalysis.org.uk/)

Email: **admin@iopa.org.uk**

Self-referral for psychoanalysis. First consultation happens over two meetings. Following consultation sessions are five times a week for two years. Contact the clinic for low-income fee assessment.

* **The Koan Practice -** 020 8252 9532

Web:[http://www.koan-psy.com/](%20http%3A//www.koan-psy.com/)

**Email:** **mail@psychotherapy.me**

Long-term psychotherapy based in East London (E1). Commitment to no waiting time.

Reduced fees for students/low income.

* **Manor House Centre for Psychotherapy and Counselling**

Web: <https://www.manorhousecentre.org.uk/>

Email: crs@manorhousecentre.org.uk

Tel: 020 8371 0180

Open-ended counselling and psychotherapy for adults (18+) with a reduced fee scheme for those on low income, unemployed or students

* **Metanoia Counselling and Psychotherapy Service** - 020 8579 2505

Web:[www.metanoia.ac.uk](http://www.metanoia.ac.uk)

Email: info@metanoia.ac.uk

Counselling & psychotherapy by advanced trainees working with various issues

* **Minster Centre -** 020 7644 6240

Web: <https://www.minstercentre.ac.uk/>

Email: reception@minstercentre.ac.uk

Senior students who are completing their therapy training offer low-cost and full-price short/long-term psychotherapy.

* **Waterloo Community Counselling** – 020 7928 3462

Web:[www.waterloocc.co.uk](http://www.waterloocc.co.uk)

Email: info@waterloocc.co.uk

Low-cost individual & group counselling in various languages

* **Westminster Pastoral Foundation** – 020 7378 2000

Web:[www.wpf.org.uk](http://www.wpf.org.uk)

Email: reception@wpf.org.uk

A range of counselling & psychotherapy services including group therapy

* **Number 42 –** 020 7096 5001

Web: [www.number42.org.uk](http://www.number42.org.uk/)

Email: clare@number42.org.uk

Counselling, psychotherapy, coaching & wellbeing services

* **Spiral Holistic Therapy Centre** - 020 7607 4403

Web: [https://spiralcentre.org/](http://www.spiralcentre.org/)

Email: info@spiralcentre.org

Offers low-cost counselling, psychotherapy & complementary therapies

* **TAP -** 0207 911 0822 020 8938 2703

**Email:** **admin@mindincamden.org.uk**

[mindincamden.org.uk/services/tap](http://mindincamden.org.uk/services/tap)

Free individual and/or group sessions for over-18s who are living in and accessing a GP in Camden. Social space to meet others and make friends in a supportive environment.

* **Think CBT -** 01732 808 626

Web: [thinkcbt.com/london](http://thinkcbt.com/london)

**Email:** info@thinkcbt.com

Accredited CBT therapists across London. Time-limited lower-cost CBT therapy for a range of issues including anxiety, depression, low self-esteem and OCD. Confidential service with flexible evening and weekend appointments.

* **Women and Health -** 020 7482 2786

 Web: http://www.womenandhealth.org.uk/

Email: Connect@womenandhealth.org.uk

The Counselling and Psychotherapy Service provides long and short-term low-cost individual counselling and psychotherapy and a range of groups for women who are registered with a GP in the London Borough of Camden.

* **Women’s Therapy Centre** – 020 7263 7860

Web: <https://www.together-uk.org/southwark-wellbeing-hub/the-directory/8998/women/>

 Email: appointments@womenstherapycentre.co.uk

Low-cost individual & group therapy for women

* **W.P.F. -** 0207 378 2000

Web: [www.wpf.org.uk](http://www.wpf.org.uk)

Email: reception@wpf.org.uk

Trainees and graduates offering low-cost and full-fee counselling/psychotherapy

**DEPRESSION**

* **Depression Alliance** – 0845 123 2320 (for information pack)

Web: [www.depressionalliance.org](http://www.depressionalliance.org/)

Email: hello@depressionalliance.org

Support and information for people affected by depression.

* ·**Depression UK**

Web: [www.depressionuk.org](http://www.depressionuk.org/)

Email: info@depressionuk.org

Promotes and encourages self-help, recovery and personal growth

**EATING DISORDERS**

* **Anorexia & Bulimia Care** – 03000 11 12 13

Web: [www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk/)

Email: mail@anorexiabulimiacare.org.uk support@anorexiabulimiacare.org.uk

National eating disorder organisation providing advice and support for all kinds of eating distress

* **Beat – Beating Eating Disorders** - 0808 801 0677

Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Email: help@beateatingdisorders.org.uk

Helpline, online support & self-help group for those with eating disorders

**INTERCULTURAL**

* **Chinese Mental Health Association Helpline –** 020 7613 1008

Web: [www.cmha.org.uk](http://www.cmha.org.uk/)

Email: info@cmha.org.uk

For those experiencing mental & emotional distress, their families/friends, etc.

* **Japan – UK Therapy Link** – 020 8810 1813

Web: [www.japanuktherapy.com/english.html](http://www.japanuktherapy.com/english.html)

Email: info@japanuktherapy.com

A range of therapeutic & support services

* **Mind Yourself** - 020 7697 4753

Web: [https://www.lambethandsouthwarkmind.org.uk/directory/mind-irish-people/](http://www.mind-yourself.co.uk/)

Email: info@mind-yourself.co.uk

Offers advice & support to Irish men & women

* **Muslim Youth Helpline** – 0808 808 2008 (Mon-Sun, 4pm-10pm)

Web: [www.myh.org.uk](http://www.myh.org.uk/)

Email: info@myh.org.uk

Provides faith and culturally sensitive confidential services for young Muslims

* **Nafsiyat** **Intercultural Therapy** – 020 7263 6947

Web: [www.nafsiyat.org.uk](http://www.nafsiyat.org.uk/)

Email: admin@nafsiyat.org.uk

Intercultural sensitive psychotherapy in a range of languages

* **NAZ** **Project** – 020 8741 1879

Web: [www.naz.org.uk](http://www.naz.org.uk/)

Email: info@naz.org.uk

Information and support on HIV, AIDS & STIs for South Asian, Middle Eastern, North African and Latin American communities

* **Polish Psychologists’ Association**

Web: [www.polishpsychologists.org](http://www.polishpsychologists.org/)

Email: consultations@polishpsychologists.org

Provides psychological support, and individual and couple counselling to the Polish community

* **Refugee Therapy Centre -** 07828049099

Web:[www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk/)

Email: info@refugeetherapy.org.uk

The Refugee Therapy Centre aims to relieve the need of refugees and asylum seekers by the provision of psychotherapy, counselling and other associated treatments. They offer individual therapy as well as some groups. Referral by GP or other professional only.

**MENTAL HEALTH**

* **MIND (National Association for Mental Health)** – 0300 123 3393

Web: [www.mind.org.uk](http://www.mind.org.uk/)

Email: info@mind.org.uk

Information and advice for matters relating to mental health

* **Rethink Mental Illness** – 0300 500 0927

Web: [www.rethink.org](http://www.rethink.org/)

Email: info@rethink.org

Information and advice about mental health, supported housing and local services

* **Royal College of Psychiatrists** – 020 7235 2351

Web: [www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx)

Advice and information on mental illness

* **Sane** – 0845 767 8000 (Daily; 6pm – 11pm) 07984 967 708 (use this number during pandemic)

Web: [www.sane.org.uk](http://www.sane.org.uk/)

Email: support@sane.org.uk

Information and advice on mental health for those experiencing mental illness, their families/friends

**MONEY**

* **National Debtline** – 0808 808 4000

Web: [www.nationaldebtline.org](http://www.nationaldebtline.org/)

Free, confidential and independent advice on how to deal with debt problems

**PREGNANCY & TERMINATION**

* **British Pregnancy Advice Service** – 03457 30 40 30

Email: info@bpas.org

Web: [www.bpas.org](http://www.bpas.org/)

Provides support and counselling regarding abortion, contraception & STIs

* **Brook**

Email: admin@brook.org.uk

Web: [www.brook.org.uk](http://www.brook.org.uk/)

Free and confidential sexual health advice including pregnancies, contraception & STIs

**RELATIONSHIPS**

* **Imago Relationship Therapy**

Web: [www.gettingtheloveyouwant.co.uk](http://www.gettingtheloveyouwant.co.uk/)

Therapy examining all aspects of couples and their relationships, from childhood to adulthood

* **Relate** – 0300 100 1234

Web: [www.relate.org.uk](http://www.relate.org.uk/)

Various forms of support for all couple relationships including information on separation and divorce

* **Tavistock Centre for Couple Relationships** – 020 7380 1960

Web: [<https://tavistockrelationships.ac.uk/>](http://www.tccr.org.uk/)

Email: appointments@tccr.org.uk

Psychotherapy and consultation service for couples and individuals with relationship difficulties

**SELF HARM & SUICIDAL THOUGHTS**

* **Calm** - 0800 58 58 58

Web: [www.thecalmzone.net/help/get-help](http://www.thecalmzone.net/help/get-help)

Support for young men who are depressed or suicidal

* **HOPElineUK** – 0800 068 4141 Text: 07860 039 967

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org/)

Email: pat@papyrus-uk.org

Specialist support for anyone concerned about people at risk of suicide

* **The Samaritans** – 116 123 (24 hours a day)

Web: [www.samaritans.org](http://www.samaritans.org)

Email: jo@samaritans.org

Confidential emotional support to anyone who is suicidal or despairing

* **National Self Harm Network**

Web: [www.nshn.co.uk](http://www.nshn.co.uk/)

Support and information for people who self-harm and their carers

* **Harmless**

Web: [www.harmless.org.uk](http://www.harmless.org.uk/)

Email: info@harmless.org.uk

Offers a range of services including support, information and consultancy

**SEXUAL ABUSE**

* **One in Four UK** – 020 8697 2112

Web: [www.oneinfour.org.uk](http://www.oneinfour.org.uk/)

Email: admin@oneinfour.org.uk

Therapy and support for those who have experienced sexual abuse and sexual violence

* **Mankind** – 01273 911 680

Web: <https://mkcharity.org/>

Email: admin@mkcharity.org

Specialist support services for men aged 18 + who have experienced sexual abuse

* **Maya Centre -** 020 7281 8970

Web:[www.mayacentre.org.uk](http://www.mayacentre.org.uk)

Email: admin@mayacentre.org.uk

Free counselling service in Islington for women who have experienced mental health issues that may stem from trauma, including domestic violence, physical abuse, sexual abuse in childhood, war and conflict and harmful practices.

* **Safeline** – 01926 402 498 0808 800 5005 (helpline)

Web: [www.safeline.org.uk](http://www.safeline.org.uk/)

Advice and support for those who have been sexually abused

**SEXUALITY**

* **The Albert Kennedy Trust** – 020 7831 6562

Web: [www.akt.org.uk](http://www.akt.org.uk/)

Email: contact@akt.org.uk gethelp@akt.org.uk

Offers support to young LGBT people who are homeless

* **Elop** – 020 8509 3898

Web: [www.elop.org](http://www.elop.org/)

Email: info@elop.org

A holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, including low-cost counselling

* **Imaan**

Web: [www.imaan.org.uk](http://www.imaan.org.uk/)

Email: info@imaan.org.uk imaanlgbtq@gmail.com

Support for LGBT Muslim people and their families

* **Lesbian & Gay Switchboard** – 0300 330 0630

Web: [<https://switchboard.lgbt/about-us/>](http://www.llgs.org.uk/)

Email: chris@switchboard.lgbt

Information and support for anyone who needs to consider issues around their sexuality

* **London Friend** – 020 7833 1674

Web: [www.londonfriend.org.uk](http://www.londonfriend.org.uk/)

Email: office@londonfriend.org.uk

Promoting the social, emotional, physical and sexual health and wellbeing of LGBT people

* **The Pink Practice** – 020 7060 4000

Web: [www.pinkpractice.co.uk](http://www.pinkpractice.co.uk/)

Email: info@pinkpractice.co.uk

Counselling and psychotherapy for gay, lesbian, bisexual and transgendered people

* **Safra Project**

Web: [https://en-gb.facebook.com/Safra-Project-116664066494/](http://www.safraproject.org/aboutus.htm)

Email: info@safraproject.org

Support for LGBT Muslim women

* **Spectra -** 0800 587 8302 / 020 3322 6920

Web: <https://spectra-london.org.uk/who-we-are/>

Email: info@spectra-london.org.uk

Free, confidential individual and group counselling for people who identify as trans, non-binary or are questioning their gender identity

**UNDER 25s**

* **Brandon Centre -** 020 7267 4792

Web: [www.brandon-centre.org.uk](http://www.brandon-centre.org.uk)

Email: counselling@brandoncentre.org.uk

Counselling and psychotherapy for young people aged 14 to 21 in Islington and 12-24 in Camden

**Linked centres:**

Lift - N1

Platform - N7

No charge

* **Mind Connect**

Web: https://www.liftislington.org.uk/support/mind-connect

Email: alsmindconnect@depaulcharity.org.uk

Free counselling for people up to 25

* **The Mix- Essential Support for under 25s –** 0808 808 4994

Web:[**https://www.themix.org.uk/**](https://www.themix.org.uk/)

Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money and jobs.

* **Tavistock (YPCS) -** 020 8938 2337

Web: <https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/young-> peoples-consultation-service-ypcs/

Email: ypcs@tavi-port.nhs.uk

Young People’s Consultation Service. Free, confidential counselling within the NHS for 16-30-year olds (up to 4 sessions). Self-referral only, by appointment. First appointment within 2 weeks.

See website for other services provided.

**VIOLENCE, RAPE & FORCED MARRIAGE**

* **Everyman Project** – **0203 642 8850**

Web: [www.everymanproject.co.uk](http://www.everymanproject.co.uk/)

Email: everymanproject@btinternet.com

Support for angry and violent men including low-cost counselling

* **Karma Nirvana** – 0800 599 9247

Web: [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk/)

Email: info@karmanirvana.org.uk

Offers support to victims of honour crimes and forced marriages

* **National Domestic Violence Helpline** – 0808 2000 247

Web: <https://www.nationaldahelpline.org.uk>

National charity providing information and support

* **RAPE Crisis Helpline** – 0808 802 9999

Web: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk/)

Email: rcewinfo@rapecrisis.org.uk

National helpline for female and male survivors, partners, friends and family

* **Solace Women’s Aid** – 0808 802 5565

Web: [www.solacewomensaid.org](http://www.solacewomensaid.org/)

Email: advice@solacewomensaid.org

Advice, counselling, accommodation and legal support for those with domestic/sexual abuse issues

* **Refuge** – 0808 2000 247

Web: [www.refuge.org.uk](http://www.refuge.org.uk/)

A range of services offered to women and children dealing with domestic violence

* **Survivors UK** – 0203 598 3898

Web: [www.survivorsuk.org](http://www.survivorsuk.org/)

Email: help@survivorsuk.org

Counselling and group therapy for male survivors of rape or sexual abuse

* **Victim Support Line** – 0808 1689 111

Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Free, confidential advice and support for victims of crime

**GENERAL HEALTH**

* **NHS choices – dial 111**

Web: [www.nhs.uk](http://www.nhs.uk/)

Confidential advice and information on health issues 24 hours a day, 365 days a year

* **University College Hospital -** 020 3456 7890
* **St Bartholomew’s Hospital** – 020 7377 7000

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