### You may also find the following links useful:



[www.studentsagainstdepression.org](https://www.studentsagainstdepression.org/)

Information and advice on managing depression

[www.studentminds.org.uk](http://www.studentminds.org.uk/)

Student Mental Health Charity

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk/)

Support for anyone effected by eating disorders

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

Information and support if you are living with/supporting someone with a mental health problem

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

Help to reduce alcohol misuse and harm

### CONTACT US

**Counselling Service**

Marylebone: **0207 7911 5000 ext 66899**

### Email: [Counselling@westminster.ac.uk](mailto:Counselling@westminster.ac.uk)

Updated September 2020

# STUDENT &

ACADEMIC SERVICES

Counselling Service

**Free/Reduced Fee Therapy Services**



## St Marylebone Healing and Counselling Centre

**(Psychodynamic Therapy)**

* Assessment fee: **£25, subsequent** low fee sessions **£30**
* Waiting time 3-4 weeks

17 Marylebone Road London NW1 5LT **Tel:** 0207 9355066

**Email:** [healing@stmarylebone.org.uk](mailto:healing@stmarylebone.org.uk)

**Website:** [www.stmarylebone.org.uk](http://www.stmarylebone.org.uk/)

## AGIP (Association for Group and Individual Psychotherapy)

* Assessment fee: **£35,** on-going sessions: **£8-25** per session You will have to commit to staying in therapy for at least **2 years**

1 Fairbridge Road London N19 3EW **Tel :** 0207 2727013

**Website:** [www.agip.org.uk](http://www.agip.org.uk/)

## The Inner City Centre for Psychotherapy

* You can phone the referral therapist on **0207 2471589.** You will have a short conversation on the phone and a suitable therapist will be allocated
* Reduced fee daytime sessions take place once a week
* Assessment fee: **£30, £15-£25** per session
* There is no specific time commitment in terms of therapy duration Inner City Centre

21 Peter Avenue

London NW10 2DD

**Email:** [referrals@icclondon.org.uk](mailto:referrals@icclondon.org.uk)

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

## British Psychotherapy Foundation

Assessment fee: **£45**, **£5-£25** per session

* Two to four sessions per week
* Range of reduced fee schemes for those on low incomes prepared to attend

intensive Psychotherapy, Psychoanalysis or Jungian Analysis for **2 years +**

37 Mapesbury Road London NW2 4HJ **Tel:** 0208 4529823

**Clinical Administrator:** 0207 4822282

**Email:** [clinicalservices@bpf-psychotherapy.org.uk](mailto:clinicalservices@bpf-psychotherapy.org.uk)

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

## The Bowlby Centre (Attachment-based Psychoanalytic Psychotherapy)

* Assessment fee: **£25**, **£30** per session
* Waiting time up to 3 months
* The Blues Project Scheme is for you if you are on benefits, or have low in- come of less than £12,000 per annum. You are expected to make a commit- ment to come for therapy **twice a week** for at least **2 years**. Fees are **£6.50** for a minimum of **2 sessions** per week, a weekly total of **£13**

1 Highbury Crescent London N5 1RN **Tel:** 0207 7005070

**Email:** [referrals@thebowlbycentre.org.uk](mailto:referrals@thebowlbycentre.org.uk)

**Website:** [www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk/)

## Minster Centre

* Fees from **£10**
* Integrative, open minded individual therapy for adults 20 Londsdale Road

London NW6 6RD

**Tel:** 0207 6446240

**Email:** [info@minstercentre.org.uk](mailto:info@minstercentre.org.uk)

**Website:** [www.minstercentre.org.uk/services](http://www.minstercentre.org.uk/services)

## Waterloo Community Counselling

18 sessions of psychodynamic counselling, on a sliding scale (low fee therapy start- ing at £12 which is negotiable) Also offers Multi Ethnic Counselling open to refugees and asylum seekers including those who may have lived in the UK for a long time and this service is free of charge.

Barley Mow Clinic Frazier Street London SE1 7BD **Tel:** 0207 9283462

**Email:** [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)

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

## The London Clinic of Psychoanalysis

* First psychoanalytic consultations over two meetings (**£30** for the first meeting and **£20** for the second) for low income
* Following consultation you may arrange two years treatment of five times weekly sessions for minimum **£5** per session (average fee **£8** per session)

112a Shirland Road London W9 2EQ **Tel:** 0207 5635002

**Email:** [clinic@iopa.org.uk](mailto:clinic@iopa.org.uk)

**Website:** [www.psychoanalysis.org.uk/londonclinicofpsychoanalysis](http://www.psychoanalysis.org.uk/londonclinicofpsychoanalysis)

## Anxiety UK

Membership starts from **£20** a year, visit the above website for more info

* Assessment fees are on a sliding scale of **£12-50** per person dependant on income
* Therapy can be face-to-face, phone or web-cam. Therapies offered are Cognitive Behavioural Therapy (CBT), Counselling, Neuro-linguistic Programming (NLP)

Helpline is open Monday to Friday, 9.30-5.30 on **08444 775774 Email:** [support@anxietyuk..org.uk](mailto:support@anxietyuk.org.uk)

**Website:** [www.anxietyuk.org.uk/products/anxiety-uk-membership](http://www.anxietyuk.org.uk/products/anxiety-uk-membership)

## WPF Therapy (CBT & Psychodynamic)

Assessment fees start at **£50** depending on income

* Services include CBT, Open ended Psychodynamic Psychotherapy, Group Analytic Psychotherapy and Time Limited Psychodynamic Psychotherapy
* Fixed price for CBT is **£75** per session 23 Magdale Steet

London SE1 2EN

Tel: 0207 3782000

**Email:** [therapy@wpf.org.uk](mailto:therapy@wpf.org.uk)

**Website:** wpf.org.uk

## London Friend-LGBT

LGBT-Couple/youth counselling service offered **18yrs+**

* Self-referral
* Low cost/Donation
* All boroughs covered
* Free Support groups:

**Changes** is a discussion and support orientated coming out group for women of all ages and backgrounds

**Divas @ Friend** is a social group for lesbians and bi women

**Turning Point** is a discussion and support-orientated coming out group for gay or bi men of all ages and backgrounds.

**Matrix** is a non-scene social group for gay and bisexual men from all backgrounds 86 Caledonian Road

London N1 9DN

**Tel:** 0207 8331674

**Email:** [office@londonfriend.org.uk](mailto:office@londonfriend.org.uk)

**Website:** [www.londonfriend.org.uk/get-support/social](http://www.londonfriend.org.uk/get-support/social)

## Women + Health

* Women living in Camden, short term service for up to 12 free sessions
* Long term service is on a sliding scale basis
* Waiting time is 2-3 months for short term, and 3-4 months for long term 4 Carol Street

London NW1 0HU

**Tel:** 0207 4822786

**Email:** [emma@women-and-health.org.uk](mailto:emma@women-and-health.org.uk)

## CARIS Islington Bereavement Service

* Free bereavement counselling and consultation for Islington residents. The Annexe

St Mellitus Church

Tollington Park London N4 3AG

**Tel:** 0207 2815200

**Email:** [carisislington@yahoo.co.uk](mailto:carisislington@yahoo.co.uk)

## The Tavistock Centre

Young persons clinic is **14-25** years, Adult is **25-30**

* 4 free sessions depending on age
* For Camden residents **18+** years, self referral. For Young Persons in west borough, GP referrals only
* Most Boroughs covered, visit tavistockandportman.nhs.uk for more info 120 Belsize Lane

London NW3 5BA

**Tel:** (Young Persons) 0208 9382326

**Tel:** (Adult) 0208 9392443

## CARIS Islington Bereavement Services

* Free bereavement counselling for Islington residents

The Annexe

St. Mellitus Church Tollington Park London N4 3AG **Tel:** 0207 2815200

**Email:** [carisislington@yahoo.co.uk](mailto:carisislington@yahoo.co.uk)

## Cope-Camden and Islington Psychological Therapies Service

* CBT, mindfulness and group sessions
* Self referral, must be **over 18** and registered in Camden or Islington with your **GP**

211 Kings Cross Road London WC1X 9DN **Tel:** 0203 3175600

**Email:** [cpts@candi.nhs.uk](mailto:cpts@candi.nhs.uk)

**Website:** [www.icope.nhs.uk](http://www.icope.nhs.uk/)

## Rape Crisis-North London

* Free and confidential weekly individual counselling
* For women ages **14+** who live, work or study in Islington, Camden, Westminster, Barnet, Enfield, Kensington, Chelsea & Haringey
* Confidence-building groups
* Advocacy and support, emotional and practical support
* A women-only staff team with experience working with sexual violence

**Tel:** 0808 801 0305

**Email:** [rapecrisis@solacewomensaid.org](mailto:rapecrisis@solacewomensaid.org)

**Website:** [www.solacewomensaid.org](http://www.solacewomensaid.org/)

## Brook Euston

* Free and confidential sexual health advice and counselling, for young persons up to **25 years**. Other branches in London

92-94 Chalton Street London NW1 1HJ **Tel:** 0207 3878700

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

## Camden Specialist Alcohol Service

* Free and confidential support and counselling by self referral or drop in
* Help cutting down or stopping all together. Must be **over 18** and in Camden Borough
* Open to family members and significant others
* Islington branch is 309 Grays Inn Road, London WC1X 8QF, **Tel: 0203 3176650**

7-8 Early Mews Arlington Road London, NW1 7HG **Tel:** 0203 2274950

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

## CBT: Camden Psychological Therapies

All clients must be registered with Camden GP

**Tel:** 0203 3175600

**Email:** [cpts@camdenpct.nhs.uk](mailto:cpts@camdenpct.nhs.uk)

## Mortimer Market Centre

* Psychological assessment and counselling with problems related to HIV and sexual health
* Free and confidential support for any age or gender
* Fast track **STI & HIV** Testing

Mortimer Market Centre, Capper Street , London, WC1E 6JB

**Tel:** 0203 3175252

**Website:** [https://www.sexualhealth.cnwl.nhs.uk/](http://www.sexualhealth.cnwl.nhs.uk/)

## ELOP Counselling– LGBT

Holistic gay and lesbian centre that offers social and emotional counselling

* Self referral basis
* Victim and community safety services, as well as student placements
* Low cost sliding scale, please contact ELOP for specific pricing
* All boroughs covered
* Waiting time within **2 weeks**

East London Out Project 56/60 Grove Road London E17 9BN

**Tel:** 0208 5093898

**Email:** [info@elop.org](mailto:info@elop.org)

**Website:** elop.org

## The Brandon Centre

Self referrals and GP referrals

* Counselling, psychotherapy and Multisystemic Therapy offered
* Available for **12-24** year olds living in the borough of Camden
* Available for **14-21** year olds living in the borough of Islington
* Also offering a service for parents and carers 26 Prince Of Wales Road

London NW5 3LG

**Tel:** 0207 2674792

**Email:** [counselling@brandoncentre.org.uk](mailto:counselling@brandoncentre.org.uk)

**Website:** brandoncentre.org.uk

## Islington Specialist Alcohol Service

Free and confidential support and counselling

* Referral through Primary Care Alcohol & Drug workers in Islington or through Mental Health workers
* Must be **over 18** and live in Islington
* Treatment can be individual and the appointments are flexible
* Drop in sessions are available through referral which are usually **Monday to Thursday**

309 Grays Inn Road London WC1X 8QF **Tel:** 0203 3176650

**Email:** [idass.referrals@nhs.net](mailto:idass.referrals@nhs.net)

## The Awareness Centre

Mental Health and talking therapies

* Self Referral basis
* Sessions are open ended, tailored to you
* Waiting list is up to **12 weeks**
* Cost is on a sliding scale between **£15-£30**

41 Abbeville Rd, London SW4 9JX **Tel:** 0208 6734545

**Email:** [Clapham@theawarenesscentre.com](mailto:Clapham@theawarenesscentre.com)

**Website:** [www.theawarenesscentre.com](http://www.theawarenesscentre.com/)

## The Bereavement Counselling Service

Bereavement and pre-bereavement counselling

* Self referral basis
* Residents of Camden and Islington
* Click through service for residents registered with **Islington GP**
* Sliding scale session costs, please visit Website for more info
* **10-12 sessions**, short term therapy, including groups
* Waiting time **2-3** months for assessment

6-8 York Mews London NW5 2LU **Tel:** 0207 2840090

**Email:** [referrals@cciwbs.org.uk](mailto:referrals@cciwbs.org.uk)

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

## Claremont

Low cost therapy service aimed at those who cannot afford expensive services

* Existential Approach to Psychotherapy
* Available for people of all ages

### £10-30 per session

* Initial **6 sessions,** reviewed for open ended response 24-27 White Lion St

London N1 9PD

**Tel:** 0207 8373402

**Email:** [amanda.b@claremont-project.org](mailto:amanda.b@claremont-project.org)

**Website:** [www.claremont-project.org](http://www.claremont-project.org/)

## Freshstart

Low fee focused therapy, including bereavement and addiction

* Self Referral by phone or email
* Unwaged clients and students **£12-25 per session**
* Treatment can be individual and the appointments are flexible
* Sessions are open ended and **not time limited**

2 Warwick Crescent London W2 6NE **Tel:** 0207 69176638

**Email:** [enquiries@freshstartpsychotherapy.co.uk](mailto:enquiries@freshstartpsychotherapy.co.uk)

**Website:** [www.freshstartpsychotherapy.co.uk](http://www.freshstartpsychotherapy.co.uk/)

## HELP Counselling

Wide range individual counselling service by Trainee Psychotherapists

* Self Referral basis,
* **6 initial** sessions with opportunity to extend
* Must be over **18, mainly in West London**
* Waiting list is up to **1 month**
* Cost is on a sliding scale depending on income 57 Portobello Road

London W11 3DB

**Tel:** 0207 2219974

**Email:** [info@helpcounsellingcentre.com](mailto:info@helpcounsellingcentre.com)

**Website:** [www.helpcounselling.com](http://www.helpcounselling.com/)

## Guild of Psychotherapists

Therapeutic approach, Psychosynthesis

* Self referral basis
* Across borough referrals, low cost clinic based in Waterloo
* Cost on a sliding scale from **£5-25**
* Sessions are offered for a maximum of **2 years**
* Waiting time **2-3 months** for assessment

47 Nelson Square London SE1 0QA **Tel:** 0207 4013260

**Email:** [admin@guildofpsychotherapists.org.uk](mailto:admin@guildofpsychotherapists.org.uk)

**Website:** [www.guildofpsychotherapists.org.uk](http://www.guildofpsychotherapists.org.uk/)

## The Metro Centre

LGBT, sexual & mental health support

* Wide range of therapy including CBT, Group Work and Psychodynamic therapy
* Costs depending on income sliding scale from **£3**
* Waiting list of **2-6 weeks**
* Self Referral basis, **drop in** sessions available 1st Floor Equitable House

7 General Gordon Square

London SE18 6FH

**Tel:** 0208 305 5000

**Email:** [counselling@metrocharity.org.uk](mailto:counselling@metrocharity.org.uk)

**Website:** [www.metrocentreonline.org](http://www.metrocentreonline.org/)

## The Centre for Better Health

Community based recovery and wellbeing

* Self Referral by online form
* Sliding scale cost **£5-20**
* Across borough referrals including Hackney, Haringey and Tower Hamlets
* Session length on average **five months**
* Waiting list **6 months to a year**

1A Darnley Road London E9 6QH **Tel:** 0208 9853570

**Email:** [admin@centreforbetterhealth.org.uk](mailto:admin@centreforbetterhealth.org.uk)

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

## Terrence Higgins Trust

LGBT, Sexual health and couples counselling

* Self Referral available
* **12 fixed** sessions, cost is depending on needs.
* Waiting list **1-2 months**
* Out of hours Sexual Health Clinic available across London
* For confidential Helpline, call **0808 8021221**
* Costs starting at **£5-35**

Acorn House, 314-320 Grays Inn Rd London WC1X 8DP

**Tel:** 0207 8121777

**Email:** [counselling@tht.org.uk](mailto:counselling@tht.org.uk)

**Website:** [www.tht.org.uk](http://www.tht.org.uk/)