STUDENT & ACADEMIC SERVICES

 Counselling Service and Mental Health

 **Free/Reduced Fee Therapy Services**



## St Marylebone Healing and Counselling Centre

**(Psychotherapy)**

* Rates on a sliding scale from **£30**
* Waiting time 3-4 weeks

17 Marylebone Road London NW1 5LT

**Tel:** 0207 935 5066

**Email:** hcc@stmarylebone.org

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

## AGIP (Association for Group and Individual Psychotherapy)

* Initial assessment fee: **£35,** ongoing sessions twice weekly: **£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

 Fees on a sliding scale depending on circumstances.

 Standard admin fee: **£50**

 Reduced admin fee: **£25**

* 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

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

## British Psychotherapy Foundation

* **£10-£25** per session
* Three sessions per week
* Range of reduced fee schemes for those on low incomes prepared to attend

intensive Psychoanalytic Psychotherapy or Jungian Analysis for **2 years+**

37 Mapesbury Road London NW2 4HJ

**Tel:** 0208 4529823

 **Email:** clinicalservices@bpf-psychotherapy.org.uk

**Website:** <https://www.britishpsychotherapyfoundation.org.uk/therapy/low-fee-intensive-therapy>

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

* Assessment fee: **£35**, **£10** per session
* Waiting time up to 3 months
* The Blues Project Scheme is for you if you are on benefits or have low income of less than £12,000 per annum. You are expected to make a commitment to come for therapy **twice a week** for at least **2 years**. Fees are **£10** for a minimum of **2 sessions** per week, a weekly total of **£20.**

1 Highbury Crescent London N5 1RN

**Tel:** 0207 7005070

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

**Website:** <https://thebowlbycentre.org.uk/psychotherapy/the-blues-project/>

## Minster Centre

* Initial consultation fee **£40** (if in employment) and **£15** (if receiving benefits)
* Session fees will be discussed during the initial consultation
* Integrative, individual therapy for adults

20 Londsdale Road

London NW6 6RD

**Tel:** 0207 6446240

**Email:** michelle@minstercenter.ac.uk

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

## Waterloo Community Counselling

* 18 sessions of psychodynamic counselling, once a week, on a sliding scale depending on income.
* Assessment fee: starting from **£30**

Counselling session fee: starting from **£15** (discussed at the assessment meeting)

* Waiting time after the assessment is 8-12 weeks
* Also offers multiethnic counselling, which is open to refugees and asylum seekers including those who may have lived in the UK for a long time. This service is free of charge.

Barley Mow Clinic

Greet House

Frazier Street London SE1 7BD

 **Tel:** 0207 9283462

**Email:** info@waterloocc.co.uk

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

## London Analysis, Psychotherapy and Counselling (LAPC)

* Provides a reduced fee service starting from **£15** a session. A reduction can be negotiated for those who are students or unemployed
* Initial assessment: **£60**
* Sessions are once or twice weekly

12A Eccleston Street

London SW1W 9TL
**Tel:** 0207 259 9698

**Email:** info@londonapc.co.uk

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

## Anxiety UK

Membership starts from **£20** a year

* Assessment fees are on a tier-based system depending on household income before tax
* Therapy can be face to face, phone or webcam. Therapies offered are Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT), Counselling, Clinical Hypnotherapy and Eye Movement Desensitisation and Reprocessing (EMDR)
* The helpline is open Monday to Friday, 9.30am-5.30pm on **03444 775774**

**Text Support: 07537 416 905**

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

**Website:** <https://www.anxietyuk.org.uk/get-help/become-a-member>

**London Friend-LGBT**

1-1 counselling sessions for LGBTIQ people and for those who may be questioning their sexual orientation or gender identity

* Fees are calculated on a sliding scale depending on circumstances
* Free Support groups include:

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

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

**Mattrix** is a non-scene social group for gay and bisexual men from all backgrounds

86 Caledonian Road

London N1 9DN

**Tel:** 0207 833 1674

**Email:** counselling@londonfriend.org.uk office@londonfriend.org.uk

**Website:** <https://londonfriend.org.uk/counselling/>

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

## Women + Health

* For women living in Camden; short-term service offering 6 -12 free sessions. Current waiting time is less than a month
* Long-term service on a sliding scale based on income, prices range from **£15 - £45,** and sessions last up to 1 year. Waiting time is 3-4 months.
* All sessions are weekly and last 50 minutes.

4 Carol Street

London NW1 0HU

**Tel:** 0207 4822786

**Email:** connect@womenandhealth.org.uk

**Website:** <https://www.womenandhealth.org.uk/>

## The Tavistock Centre

Young persons’ clinic is **14-25** years, adults’ clinic is **25-30**

* 4-5 free sessions depending on age
* Self-referrals and GP referrals accepted
* Visit <https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/> for more info

120 Belsize Lane

London NW3 5BA

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

**Tel:** (Adult) 0208 9392443

## Cope-Camden and Islington Psychological Therapies Service

* CBT, online workshops and group sessions
* Self-referral, must be **over 17.5** and registered with a GP in Camden or Islington

10 Manor Gardens, London N7 6ER

**Tel:** 020 3317 6670

**Email:** cpts@candi.nhs.uk

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

## Rape Crisis - North London

* Free and confidential support for women and girls aged **13+** who live, work or study in Islington, Camden, Westminster, Barnet, Enfield, Kensington, Chelsea and Haringey
* Therapeutic groups available
* Advocacy and support, emotional and practical support available
* A female-only staff team with experience of working with sexual violence

**Tel:** 0808 801 0305

**Email:** rapecrisis@solacewomensaid.org

**Website:** <https://www.solacewomensaid.org/our-services/solace-rape-crisis>

## Brook Euston

Free and confidential sexual health advice and counselling for young people 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
* Must be **over 18** and in the 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:** <https://www.candi.nhs.uk/services/camden-specialist-alcohol-treatment-service-csats>

 **Email:** cas@candi.nhs.uk

## Mortimer Market Centre

Mortimer Market Centre offers free and confidential sexual health services. This includes contraception, PrEP and assessment, and treatment of sexual health symptoms and infections.

Mortimer Market Centre, Capper Street, London WC1E 6JB

**Tel:** 0203 3175252

**Website:** <https://www.sexualhealth.cnwl.nhs.uk/clinic/mortimer-market-centre-including-margaret-pyke-centre/>

## ELOP Counselling– LGBT

A holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, and our core services include counselling and young peoples’ services.

56-60 Grove Road London E17 9BN

**Tel:** 0208 5093898

**Email:** info@elop.org

**Website:** http://www.elop.org/

## The Brandon Centre

* Self-referrals and GP referrals accepted
* Free counselling and psychotherapy service for people aged 16-24 living in Camden and Islington
* Also offers a service for the families of young people

26 Prince of Wales Road

London NW5 3LG

**Tel:** 0207 2671321

**Psychotherapy text number:** 07520 633477

**Email:** counselling@brandoncentre.org.uk

**Website:** https://brandon-centre.org.uk/

## The Awareness Centre

Mental Health and talking therapies

* Accepts self-referrals
* Daytime and weekend fees are **£40**

41 Abbeville Rd, London SW4 9JX

**Tel:** 0208 6734545

**Email:** appointments@theawarenesscentre.com

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

## The Bereavement Counselling Service

Bereavement and pre-bereavement counselling

* Accepts self-referrals
* Free for clients in Camden and Islington
* For clients based in other boroughs, session fees are calculated on a sliding scale starting from **£15**
* Clients are usually offered up to 12 sessions

6-8 York Mews

London NW5 2UJ

**Tel:** 0207 2840090

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

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

## Claremont

Low-cost therapy service for people over 18 who are living/working in Islington

* Existential-phenomenological approach to psychotherapy

### £10-30 per session

* Initial **6 sessions offered** with the opportunity to extend

24-27 White Lion St

London N1 9PD

**Tel:** 0207 8373402

**Email:** rebecca@claremont-project.org

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

## Freshstart

Low-fee individual therapy

* Self-referrals accepted
* Unwaged clients and students pay **£12 per session**
* Sessions are open-ended and **not time-limited**

2 Warwick Crescent London W2 6NE

**Email:** enquiries@freshstartpsychotherapy.co.uk

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

## HELP Counselling

Wide range of low-cost counselling services by trainee psychotherapists

* Self-referrals accepted
* **6 initial sessions** with the opportunity to extend
* Must be over **18**
* Assessments: **£25**; online sessions: starting at **£25** and face-to-face sessions: **£35**

**Tel:** 0203 834 9514

**Email:** info@helpcounsellingcentre.com

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

## Guild of Psychotherapists

* Self-referral by phone or email
* Available to clients living in Lambeth, Southwark or Lewisham
* Assessment: **£35**; ongoing sessions priced on a sliding scale from **£5**
* Sessions are offered for a maximum of **2 years**

47 Nelson Square London SE1 0QA

**Tel:** 0207 4013260

**Email:** clinic@guildofpsychotherapists.org.uk

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

## The Metro Centre

An equality and diversity charity providing health, community and youth services in England

* Wide range of therapy including counselling and advocacy

Equality Community Hub

 1st Floor Equitable House

7 General Gordon Square

London SE18 6FH

**Tel:** 0208 305 5000

**Email:** counselling@metrocharity.org.uk

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

## The Centre for Better Health

The Centre for Better Health is a registered charity that supports wellbeing and recovery from mental ill-health

* Self-referral by online form
* Sliding scale - **£5-£40**
* Contract length – 6 weeks to a year

1A Darnley Road London E9 6QH

**Tel:** 0208 9853570

**Email:** reception@centreforbetterhealth.org.uk

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

## Terrence Higgins Trust

Leading HIV and sexual health charity. Also offers counselling

* Self-referral available
* Sexual health clinics available across England, Wales and Scotland
* Sessions on a sliding scale between **£30-£50**. 12 free sessions available to those earning less than £20k

439 Caledonian Road

London N7 9BG

**Tel:** 0808 802 1221

**Email:** counselling@tht.org.uk

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

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

[www.studentsagainstdepression.org](http://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 issue

[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

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