

You may also find the following links useful:

www.studentsagainstdepression.org.uk

Information and advice on managing depression

www.studentminds.org.uk

Student Mental Health Charity

www.b-eat.co.uk

Support for anyone effected by eating disorders

www.mind.org.uk

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

www.drinkaware.co.uk

Help to reduce alcohol misuse and harm

STUDENT & ACADEMIC SERVICES

Counselling Service

Free/Reduced Fee Therapy Services

CONTACT US

Counselling Service

Marylebone: **0207 7911 5000 ext 66899**

Email: Counselling@westminster.ac.uk

Updated June 2018

UNIVERSITY OF
WESTMINSTER 

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

Website: 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

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

Website: 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 +**

7 Mapesbury Road

London NW2 4HJ

Tel: 0208 4529823

Clinical Administrator: 0207 4822282

Email: clinicalservices@bpf-psychotherapy.org.uk

Website: 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 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 **£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

Website: www.thebowlbycentre.org.uk

Minster Centre

- Fees from **£10**
- Integrative, open minded individual therapy for adults

20 Lonsdale Road

London NW6 6RD

Tel: 0207 6446240

Email: info@minstercentre.org.uk

Website: www.minstercentre.org.uk/services

Waterloo Community Counselling

18 sessions of psychodynamic counselling, on a sliding scale (low fee therapy starting 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

Website: www.waterloocc.co.uk

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

Website: 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: reception@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

Website: 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

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

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

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

Website: 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: 0207 6191369

Email: rapecrisis@solacewomensaid.org

Website: 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

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

CBT: Camden Psychological Therapies

All clients must be registered with Camden GP

Tel: 0203 3175600

Email: 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

Capper Street

London WC1E 6JB

Tel: 0203 3175252

Website: www.cnwl.nhs.uk/service/mortimer-market-centre

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

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

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

Website: www.candi.nhs.uk/services/islington-specialist-alcohol-treatment-service

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

Website: 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: cciwbs@btconnect.com

Website: 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: jo@claremont-project.org

Website: 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

Website: 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

Website: 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

Website: 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

Website: 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

Website: 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@ttht.org.uk

Website: www.ttht.org.uk