

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

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

Information and advice on managing depression

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

Student Mental Health Charity

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

## 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](mailto: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](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 +**

7 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 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](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 Lonsdale 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 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](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:** [reception@wpf.org.uk](mailto:reception@wpf.org.uk)

**Website:** [wpf.org.uk](http://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](http://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:** 0207 6191369

**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

Capper Street

London WC1E 6JB

**Tel:** 0203 3175252

**Website:** [www.cnwl.nhs.uk/service/mortimer-market-centre](http://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](mailto:info@elop.org)

**Website:** [elop.org](http://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](http://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)

**Website:** [www.candi.nhs.uk/services/islington-specialist-alcohol-treatment-service](http://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](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:** cciwbs@btconnect.com

**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:** jo@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

**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

**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@ttht.org.uk](mailto:counselling@ttht.org.uk)

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