

EXTERNAL SUPPORT

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STUDENTS

Students Against Depression – 0163 586 9754

Web: <https://www.studentsagainstd Depression.org/>

Self-help resource for suicidal thinking and depression.

Student Minds - 0113 343 8440

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

Email: info@studentminds.org.uk

ADDICTIONS

Action on Addiction – 0203 981 5525

Web: www.actiononaddiction.org.uk

Email: takingactiononaddiction@forwardtrust.org.uk

Support and counselling for addictions.

Alcoholics Anonymous - 0800 9177 650

Web: www.alcoholics-anonymous.org.uk

Email: help@aamail.org

Confidential support for people with alcohol issues.

Drinkaware - 0300 123 1110 / 020 7766 9900

Web: www.drinkaware.co.uk

Email: contact@drinkaware.co.uk

Get Connected – 0203 993 5571

Web: www.getconnected.org.uk

Email: info@getconnected.org.uk

A range of support and advice for a variety of addictions.

Gamcare – 0808 8020 133

Web: www.gamcare.org.uk

Support, advice and information for anyone concerned about gambling.

National Drugs Helpline aka Frank – 0300 123 6600 (24/7) / text 82111

Web: www.talktofrank.com

Email: frank@talktofrank.com

Free, confidential advice and information on drugs in different languages.

Release – 020 7324 2989

Web: www.release.org.uk

Email: ask@release.org.uk

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

Relationship - Therapy and Recovery – 07939 624 790

Web: www.relationship-recovery.co.uk/

Email: info@relationship-recovery.co.uk

Psychotherapy and treatment for sex addiction.

Marylebone Centre – 020 80907474

Web: www.marylebonecentre.co.uk

Email: raj@birchard.co.uk

Treatment programmes for compulsive patterns of sexual behaviour.

CNWL Addictions – 020 3214 5700

Web: <https://www.cnwl.nhs.uk/services/addictions>

Offers psychological treatment for a range of addictions.

OCD UK – 01332 588 112

Web: www.ocduk.org

Email: support@ocduk.org

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

ANXIETY, PHOBIAS AND PANIC ATTACKS

Anxiety UK - 03444 775 774

Email: info@anxietyuk.org.uk

Web: www.anxietyuk.org.uk

Various forms of support for those living with anxiety disorders.

No Panic – 0300 772 9844 (daily, 10am – 10pm).

Twenty-four-hour crisis line: 01952 680835

Web: www.nopanic.org.uk

Email: info@nopanic.org.uk / admin@nopanic.org.uk

Information and support for sufferers and carers of people with panic attacks, anxiety, phobias and OCD.

BEREAVEMENT

Bereft Bereavement Support – 020 8896 2800

Web: www.bereftbereavementsupport.co.uk

Email: bereftbereavementsupport@hotmail.co.uk

Bereavement support for Ealing residents.

Camden, City, Islington and Westminster Bereavement Service - 020 7284 0090

Web: www.bereavement-counselling.org

Email: admin@cciwbs.org.uk

Bereavement counselling for those living or working in the named areas. Free support for those in Camden and Islington.

CRUSE Bereavement Care – 0808 808 1677

Web: www.cruse.org.uk

Email: Depends on the branch of Cruse – see website for more information [Contact us - Cruse Bereavement Support](#)

Support to promote the wellbeing of bereaved people.

Survivors of Bereavement by Suicide – 0300 111 5065 (every day, 9am – 7pm) / 0115 944 1117 for general enquiries

Web: <https://uksobs.com/>

Email: info@uksobs.org

Support to meet the needs of those bereaved by suicide.

BODY DYSMORPHIA

Body Dysmorphic Disorder Foundation

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

Email: info@bddfoundation.org

Supporting those suffering from Body Dysmorphic Disorder.

Updated September 2026

COUNSELLING AND PSYCHOTHERAPY

Anchor Counselling – 020 8867 7660

Web: www.anchorcounselling.org

Email: info@anchorcounselling.org

Free, confidential counselling service in various languages.

Association for Group and Individual Psychotherapy - 0207 272 7013

Web: Agip.org.uk

Low-fee support 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

Email: admin@thebowlbycentre.org.uk

Low-cost therapy. Two sessions per week for a minimum of eighteen months.

British Psychotherapy Foundation – 020 8452 9823

Web: www.britishpsychotherapyfoundation.org.uk

Email: enquiries@bpf-psychotherapy.org.uk

Offers an online directory of therapists and low-cost counselling.

Brent Centre for Young People– 0207 328 0918

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

Email: info@brentcentre.org.uk

Support for young people in London and Inverness. A referral is needed to access most of their services.

The Centre for Better Health - 0208 9853 570

Web: www.centreforbetterhealth.org.uk

Email: reception@centreforbetterhealth.org.uk

A low-cost counselling and psychotherapy service for anyone based in a London borough.

The Caravan - 0207 183 1802

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Web: www.thecaravan.org.uk

Email: info@thecaravan.org.uk

Offering free counselling and emotional support, both in person and via telephone.

CPU (Camden Psychotherapy Unit) - 020 7267 3881

Web: cpu-london.com

Email: office@cpulondon.com

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

Ealing Abbey Counselling Service – 020 8998 3361

Web: www.eacs.org.uk

Email: counselling@eacs.org.uk

Counselling support offering a wide range of services.

Free Psychotherapy Network

Web: www.freepsychotherapynetwork.com

Email: peter@empathyzone.com

A group of psychotherapists offering free psychotherapy to people on low incomes.

Highgate Counselling Centre - 020 8883 5427

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

Email: admin@highgatecounselling.org.uk

Individual, couple and family counselling.

London Analysis, Psychotherapy and Counselling – 0745 5001 808

Web: <https://www.londonapc.co.uk>

Email: info@londonapc.co.uk

Low-cost counselling is available.

Institute of Group Analysis - 020 7431 2693

Web: <https://www.groupanalysis.org/>

Email: iga@groupanalysis-uk.co.uk

Network of group analysts offering individual and group psychotherapy. Reduced fees available.

Institute of Psychoanalysis - 020 7563 5000

Web: www.psychanalysis.org.uk

Email: admin@iopa.org.uk

Self-referral for psychoanalysis. First consultation will likely happen over two meetings. Following the consultations, sessions are five times a week. Contact the clinic for low-income fee assessment.

The Koan Practice - 020 8252 9532 / 07797800711

Web: <https://koan-psy.com>

Email: mail@psychotherapy.me

Open-ended psychotherapy. Fees on a sliding scale.

Manor House Centre for Psychotherapy and Counselling - 020 8371 0180

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

Email: crsadmin@mhccpc.org.uk

Psychodynamic counselling. Low-cost support available.

Metanoia Counselling and Psychotherapy Service - 020 8579 2505 / 020 8832 3080

Web: www.metanoia.ac.uk

Email: enquiries@metanoia.ac.uk / clinic@metanoia.ac.uk

Low-cost counselling and psychotherapy by trainees working with various issues.

Minster Centre - 020 7644 6240

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

Email: reception@minstercentre.ac.uk / michelle@minstercentre.ac.uk

Senior students who are completing their therapy training. Sliding scale of fees.

Waterloo Community Counselling – 020 7928 3462

Web: www.waterloocc.co.uk

Email: info@waterloocc.co.uk

Low-cost individual and group counselling in various languages.

Number 42 – 020 7096 5001

Web: www.number42.org.uk

Email: clare@number42.org.uk

Individual/group/couple counselling and executive coaching.

Spiral Holistic Therapy Centre - 020 7607 4403

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

Email: info@spiralcentre.org / enquiries@spiralcentre.org

Offers low-cost counselling, psychotherapy and complementary therapies.

Think CBT - 01732 808 626

Web: thinkcbt.com/london

Email: info@thinkcbt.com

Accredited CBT therapists across London. 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: <https://www.womenandhealth.org.uk>

Email: connect@womenandhealth.org.uk

The Counselling and Psychotherapy Service provides long-term 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 6200

Web: <https://womenstherapycentre.wordpress.com/about/>

Email: appointments@womenstherapycentre.co.uk

Low-cost individual and group therapy for women.

DEPRESSION

[Overview - Depression in adults - NHS](#)

NHS information on how to recognise and manage depression.

EATING DISORDERS

Anorexia and Bulimia Care (ABC) – 03000 11 12 13

Web: <https://www.oxmindguide.org.uk/minditem/anorexia-bulimia-care-abc/>

Email: support@anorexiabulimiare.org.uk

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

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Beat – Beating Eating Disorders - 0808 801 0677

Web: www.b-eat.co.uk

Email: help@beateatingdisorders.org.uk

Helpline, online support and groups for those with eating disorders.

INTERCULTURAL

Chinese Mental Health Association Helpline – 020 7613 1008

Email: info@cmha.org.uk

For those experiencing mental and emotional distress. Support available for families, friends, etc.

Japan – UK Therapy Link – 020 8810 1813

Web: <https://www.japanuktherapy.com/>

Email: info@japanuktherapy.com

Offering counselling, psychotherapy and consultancy services.

Mind Yourself – 0800 200 6022 / [020 7916 2222](tel:02079162222)

Web: <https://londonirishcentre.org/our-services/health-and-wellbeing/>

Email: community@londonirishcentre.org

Offers advice and support to Irish men and women.

Muslim Youth Helpline – 0808 808 2008 (any day, 4pm-10pm)

Web: www.myh.org.uk

Email: help@myh.org.uk

Provides faith and culturally sensitive confidential services for young Muslims.

Nafsiyat Intercultural Therapy – 020 7263 6947

Web: 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

Email: info@naz.org.uk

Information and support on HIV. Offers counselling and psychotherapy.

Polish Psychologists' Association

Web: www.polishpsychologists.org

Email: konsultacje@polishpsychologists.org

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

MENTAL HEALTH

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

Web: www.mind.org.uk

Email: info@mind.org.uk

Information and advice for matters relating to mental health.

Rethink Mental Illness – 0808 801 0525

Web: www.rethink.org

Email: info@rethink.org

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

Royal College of Psychiatrists – 0208 618 4000

Web: www.rcpsych.ac.uk/expertadvice.aspx

Advice and information about mental illness.

Sane – 0300 304 7000 (daily, 4pm – 10pm) / 0203 805 1790

Web: www.sane.org.uk

Email: info@sane.org.uk / support@sane.org.uk

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

MONEY

National Debtline – 0808 808 4000

Web: www.nationaldebtline.org

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

PREGNANCY AND TERMINATION

British Pregnancy Advice Service – 03457 30 40 30

Web: www.bpas.org

Email: info@bpas.org

Provides support and counselling regarding abortion, contraception and STIs.

Brook

Web: www.brook.org.uk

Email: admin@brook.org.uk

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

RELATIONSHIPS

Imago Relationship Therapy

Web: www.gettingtheloveyouwant.co.uk

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

Relate

Web: 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 1975

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

Email: info@tavistockrelationships.org

Psychotherapy and consultation service for couples and individuals with relationship difficulties.

SELF-HARM AND SUICIDAL THOUGHTS

Calm - 0800 58 58 58

Web: www.thecalmzone.net/help/get-help

Support for anyone who is depressed or suicidal.

The Samaritans – 116 123 (24/7)

Web: www.samaritans.org

Email: jo@samaritans.org / admin@samaritans.org

Confidential, emotional support to anyone who is suicidal or in despair.

National Self-Harm Network

Web: www.nshn.co.uk

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

Harmless - [0115 880 0280](tel:01158800280)

Web: www.harmless.org.uk

Email: info@harmless.org.uk

Offers a range of services including support, information and consultancy.

The Listening Place - 020 3906 7676

Web: <https://listeningplace.org.uk/>

Email: administration@listeningplace.org.uk

Face-to-face support for those experiencing suicidal thoughts and feelings.

SEXUAL ABUSE

One in Four UK – 020 8697 2112

Web: www.oneinfour.org.uk

Email: South London - admin@oneinfour.org.uk / North London – northlondon@oneinfour.org

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 eighteen+ who have experienced sexual abuse.

Maya Centre - 020 7281 8970

Web: www.mayacentre.org.uk

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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, conflict and harmful practices.

Safeline – 01926 402 498 / 0808 800 5005 (Male Survivor Helpline)

Web: www.safeline.org.uk

Advice and support for those who have been sexually abused.

SEXUALITY

The Albert Kennedy Trust – 020 7831 6562

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

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

Offers support to young LGBTQ people who are homeless.

Elop – 020 8509 3898

Web: www.elop.org

Email: info@elop.org

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

Imaan

Web: www.imaan.org.uk

Email: imaanlgbtq@gmail.com

Support for LGBTQ Muslim people and their families.

Lesbian and Gay Switchboard – 0800 0119 100

Web: <https://switchboard.lgbt/>

Email: hello@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

Email: office@londonfriend.org.uk

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

The Pink Practice – 020 7060 4000

Web: www.pinkpractice.co.uk

Email: info@pinkpractice.co.uk

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

Safrat Project – 07941 659320

Web: <https://www.facebook.com/people/Safrat-Project/100070284814809/?ref=ts>

Email: info@safraproject.org

Support for LGBTQ 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 are LGBTQ, non-binary or are questioning their gender identity.

UNDER TWENTY-FIVES

Brandon Centre - 020 7267 4792 (general enquiries) / 020 7267 1321 (counselling and psychotherapy)

Web: www.brandon-centre.org.uk

Email: counselling@brandoncentre.org.uk

Counselling and psychotherapy for young people aged sixteen-twenty-four living in Camden or Islington.

Linked centres:

Lift - N1

Collective Theatre - N7

Mind Connect

Web: <https://www.liftislington.org.uk/events/mind-connect>

Email: csa@isledon.co.uk / wellbeing@isledon.co.uk

Free counselling for people up to twenty-five.

The Mix - essential support for under twenty-fives – text 'THEMIX' to 85258

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

Updated September 2026

Email: info@themix.org.uk

Free information and support for under twenty-fives in the UK. Get advice about sex, relationships, drugs, mental health and money.

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 under twenty-fives (up to four sessions). Self-referral only.

See website for other services provided.

VIOLENCE, RAPE AND FORCED MARRIAGE

Karma Nirvana – 0800 599 9247

Web: www.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 500 2222

Web: www.rapecrisis.org.uk

Email: rcewinfo@rapecrisis.org.uk

National helpline for female victims and survivors.

Solace Women's Aid – 0808 802 5565

Web: 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

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

Survivors UK – 0203 598 3898

Web: www.survivorsuk.org

Email: help@survivorsuk.org

Counselling and group therapy for male and non-binary survivors of rape or sexual abuse.

Victim Support Line – 0808 1689 111

Web: www.victimsupport.org.uk

Free, confidential advice and support for victims of crime.

GENERAL HEALTH

NHS choices – dial 111

Web: www.nhs.uk

Confidential advice and information on health issues 24/7, 365 days a year.

University College Hospital - 020 3456 7890

St Bartholomew's Hospital – 020 7377 7000

NHS Urgent Mental Health

Web: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Access to local urgent mental health numbers for those seeking urgent support.