**COUNSELLING SUPPORT AND RESOURCES**

**STUDENTS**

* **Nightline** – 020 7631 0101 (Term time only; 6pm - 8am)

   Web: [www.nightline.org.uk](http://www.nightline.org.uk/)

   Email: listening@london-nightline.org.uk

   Students there for students; confidential listening, support & information

* **Students Against Depression**

Web: [www.studentdepression.org](http://www.studentdepression.org/)

Self-help resource for suicidal thinking & depression

**ADDICTIONS**

* **Action on Addiction** – 0300 330 0659

Web: [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk/)

Email: admin@actiononaddiction.org.uk

Various kinds of support & counselling for addictions

* **Alcohol Anonymous** - 0845 769 7555

Web: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/)

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

 Confidential support for people with alcohol issues

* **Gamcare –** 0808 8020 133

Web: [www.gamcare.org.uk](http://www.gamcare.org.uk/)

Email: info@gamcare.org.uk

Support, advice & information for anyone concerned about gambling

* **National Drugs Helpline aka Frank** – 0300 123 6600 (daily; 24 hours a day); text 82111

Web: [www.talktofrank.com](http://www.talktofrank.com/)

Email: frank@talktofrank.com

Free, confidential advice & information on drugs in different languages

* **Release** – 020 7324 2989

Web: [www.release.org.uk](http://www.release.org.uk/)

Email: ask@release.org.uk

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

* **Recover** – 0845 603 6530

Web**:**[www.recovernow.co.uk](http://www.recovernow.co.uk/)

Email: help@recovernow.co.uk

Confidential information & support for people struggling with drug or alcohol

* **Hudson Centre, Psychotherapy & Recovery** – 0207 493 4488

Web: [www.sexualaddict.co.uk](http://www.sexualaddict.co.uk/)

Email: info@thehudsoncentre.co.uk

Psychotherapy & treatment for sex addiction, including low cost therapy

* **Marylebone Centre** – 020 7224 3532

Web: [www.sexual-addiction.co.uk](http://www.sexual-addiction.co.uk/)

Email: info@marylebonecentre.co.uk

Treatment programmes for addictive compulsive patterns of sexual behaviour

* **Centre for Compulsive & Addictive Behaviours** – 020 7534 6590

Web: [www.cnwl.nhs.uk/centre-for-compulsive-and-addictive-behaviours](http://www.cnwl.nhs.uk/centre-for-compulsive-and-addictive-behaviours)

Email: ccab.cnwl@nhs.net

Offers psychological treatment for a range of compulsive behaviours

* **OCD UK** – 0845 120 3778

Web: [www.ocduk.org](http://www.ocduk.org/)

Email: support@ocduk.org

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

**ANXIETY, PHOBIAS & PANIC ATTACKS**

* **Anxiety UK** – 0844 775 774

Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

Email: info@anxietyuk.org.uk

Various forms of support for those living with anxiety disorders

* **No Panic** – 0800 138 8889 (daily; 10am – 10pm)

Web: [www.nopanic.org.uk](http://www.nopanic.org.uk/)

Email: admin@nopanic.org.uk

Information & support for sufferers & carers of people with panic, anxiety, phobias & OCD

**BEREAVEMENT**

* **Bereft Bereavement Support** – 020 8896 2800

Web: [www.bereftbereavementsupport.co.uk](http://www.bereftbereavementsupport.co.uk/)

Email: bereftbereavementsupport@hotmail.co.uk

Bereavement support for Ealing residents

* **Camden, City, Islington and Westminster Bereavement Service**

NW5

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

020 7284 0090

Bereavement related counselling for those living or working in the named areas.  No charge but donations welcome

* **CRUSE Bereavement Care** – 0844 477 9400

Web:  www.cruse.org.uk

Email: helpline@cruse.org.uk

Support to promote the wellbeing of bereaved people

* **Survivors of Bereavement by Suicide –** 0300 111 5065

Web: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk/)

Email: sobs.support@hotmail.com

Support to meet the needs & break the isolation of those bereaved by suicide

**BODY DISMORPHIA**

·         **I Feel Ugly**

Web: [www.ifeelugly.com](http://www.ifeelugly.com/)

Information & advice for those with body dysmorphic disorder & their families

**COUNSELLING & PSYCHOTHERAPY**

* **Anchor – The Counselling Practice** – 020 8867 7660

Web: [www.anchorcounselling.org](http://www.anchorcounselling.org/)

Email: info@anchorcounselling.org

Free, confidential counselling service in various languages

* **Association for Group and Individual Psychoanalytic Psychotherapy** 0207 272 7013

[Agip.org.uk](http://agip.org.uk/)

Low fee 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](http://www.thebowlbycentre.org.uk/psychotherapy/the-blues-project)

Email: admin@thebowlbycentre.org.uk

Low cost therapy for a minimum of two sessions per week

* **British Psychotherapy Foundation** – 020 8438 2418

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

Email: lindac@bpf-psychotherapy.org.uk

Offers an online directory of therapists & low cost counselling in North West & South London

* **The Centre for Better Health** www.centreforbetterhealth.org.uk

Hackney E9

A low-cost integrative counselling service

* **CPU (Camden Psychotherapy Unit)** <http://www.cpu-london.com/>

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

* **Ealing Abbey Counselling Service** – 020 8998 3361

Web:[www.eacs.org.uk](http://www.eacs.org.uk)

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

Counselling support offering a wide range of services

* **Free Psychotherapy Network** <http://freepsychotherapynetwork.com/>

A group of psychotherapists offering free and low-fee psychotherapy to people on low incomes

* **Highgate Counselling Centre**

**East Finchley/Muswell Hill**

020 8883 5427

http:highgatecounselling.org.uk

Low cost individual, group, couple and family counselling, 21 years old +.

* **iCope Psychological Therapies North Camden**

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

Free, self referral for psychological therapies for those 18+living in Camden or Islington, including therapy for depression, anxiety or other common mental health problems..

* **Inner City Centre** [www.icclondon.org.uk](http://www.icclondon.org.uk/)

020 7247 1589

Low cost individual, couple and group counselling/psychotherapy

* **Institute of Group Analysis** [www.igalondon.org.uk](http://www.igalondon.org.uk/)

020 7431 4431/2693

Network of group analysts offering group psychotherapy. Reduces/concessionary fees available.

* **The London Clinic of Psychoanalysis**  020 7563 5002

www.p[sychoanalysis.org.uk](http://psychoanalysis.org.uk/)

Self-referral for psychoanalysis.  First consultation happens over two meetings.  Following consultation sessions are five times a week for two years.  Contact the clinic for low-income fee assessment.

* **The Koan Practice**<http://www.koan-psy.com/>

020 8252 9532

Long term psychotherapy based in East London (E1).  Commitment to no waiting time

Reduced fees to students/low income.

* **Manor House Centre for Psychotherapy and Counselling**<http://www.manorhousecentre.org.uk/counsellingservice.php>

Open-ended counselling and psychotherapy to adults (18) with a reduced fee scheme for those on low income, unemployed or students

* **Metanoia Counselling and Psychotherapy Service**  - 020 8579 2505

Web:[www.metanoia.ac.uk](http://www.metanoia.ac.uk)

Counselling & psychotherapy by advanced trainees working with various issues

* **Minster Centre** <https://www.mcpcs.co.uk/>

020 7644 6242

Senior students who are completing their therapy training offer low cost and full fee short and long term psychotherapy.

* **Waterloo Community Counselling** – 020 7928 3462

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

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

Low cost individual & group counselling in various languages

* **Westminster Pastoral Foundation** – 020 7378 2000

Web:[www.wpf.org.uk](http://www.wpf.org.uk)

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

A range of counselling & psychotherapy services including group therapy

* **Number 42 –** 020 7096 5001

Web: [www.number42.org.uk](http://www.number42.org.uk/)

Email: pat@number42.org.uk

Counselling, psychotherapy, coaching & wellbeing services

* **Spiral Holistic Therapy Centre**  - 020 7607 4403

Web: [www.spiralcentre.org](http://www.spiralcentre.org/)

Email: info@spiralcentre.org

Offers low cost counselling, psychotherapy, & complimentary therapies

* **TAP** [mindincamden.org.uk/services/tap](http://mindincamden.org.uk/services/tap)

0207 911 0822

Free individual and/or group sessions for over-18s who are living in and accessing a GP in Camden.  Social space to meet others and make friends in a supportive environment.

* **Think CBT** 01732 808 626BABCP

[thinkcbt.com/london](http://thinkcbt.com/london)

Accredited CBT therapists across London. Time-limited lower-cost CBT therapy for a range of problems including anxiety, depression, low self-esteem and OCD.  Confidential service with flexible evening and weekend appointments.

* **Women and Health** <http://www.womenandhealth.org.uk/>

 020 7482 2786

The Counselling and Psychotherapy Service provides long 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 7860

Web:[www.womenstherapycentre.co.uk](http://www.womenstherapycentre.co.uk)

Email: [appointments@womenstherapycentre.co.uk](mailto:appointments@womenstherapycentre.co.uk)

Low cost individual & group therapy for women

* **W.P.F.** [www.wpf.org.uk](http://www.wpf.org.uk/)

020 7361 4800

Trainees and graduates offering low cost and full fee counselling/psychotherapy

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**DEPRESSION**

* **Depression Alliance** – 0800 123 2320 (for information pack)

Web: [www.depressionalliance.org](http://www.depressionalliance.org/)

Email: info@depressionalliance.org

Support & information for people affected by depression

·         **Depression UK**

Web: [www.depressionuk.org](http://www.depressionuk.org/)

Email: info@depressionuk.org

Promotes & encourages self-help, recovery & personal growth

**EATING DISORDERS**

* **Anorexia & Bulimia Care** – 0300 11 12 13

Web: [www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk/)

Email: mail@anorexiabulimiacare.org.uk

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

* **Beat – Beating Eating Disorders** - 0845 634 1414

Web: www.b-eat.co.uk

Email: help@b-eat.co.uk

Helpline, online support & self-help group for those with eating disorders

* **Recover** – 0845 603 6530

Web**:**[www.recovernow.co.uk](http://www.recovernow.co.uk/)

Email: help@recovernow.co.uk

Confidential, impartial information & support for people struggling with eating disorders

**INTERCULTURAL**

* **Chinese Mental Health Association Helpline –** 020 7613 1008

Web: [www.cmha.org.uk](http://www.cmha.org.uk/)

Email: info@cmha.org.uk

For those experiencing mental & emotional distress, their families/friends etc.

* **Japan – UK Therapy Link** – 0844 776 0220

Web: [www.japanuktherapy.com/english.html](http://www.japanuktherapy.com/english.html)

Email: info@japanuktherapy.com

A range of therapeutic & support services

* **Mind Yourself**  - 020 7354 5248

Web: [www.mind-yourself.co.uk](http://www.mind-yourself.co.uk/)

Email: info@mind-yourself.co.uk

Offers advice & support to Irish men & women, & includes a support group for LGBT

* **Muslim Youth Helpline** – 0808 808 2008 (Weekdays: 6pm – 12am; Weekends: 12pm – 12am)

Web: [www.myh.org.uk](http://www.myh.org.uk/)

Email: help@myh.org.uk

Provides faith & culturally sensitive confidential services for young Muslims

* **Nafsiyat** **Intercultural Therapy** – 020 7263 6947

Web: [www.nafsiyat.org.uk](http://www.nafsiyat.org.uk/)

Email: admn@nafsiyat.org.uk

Intercultural sensitive psychotherapy in a range of languages

* **NAZ** **Project** – 020 8741 1879

Web: [www.naz.org.uk](http://www.naz.org.uk/)

Email: npl@naz.org.uk

Information & support on HIV, AIDS & STIs for South Asian, Middle Eastern, North African & Latin American communities

* **Polish Psychologists’ Association**

Web: [www.polishpsychologists.org](http://www.polishpsychologists.org/)

Email: info@polishpsychologists.org

Provides psychological support, & individual & couple counselling to the Polish Community

* **Refugee Therapy Centre** [www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk/)

0207 272 7498

The Refugee Therapy Centre aims to relieve the need of refugees and asylum seekers by the provision of psychotherapy, counselling and other associated treatments.  They offer individual therapy as well as some groups. Referral by GP or other professional only.

**MENTAL HEALTH**

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

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

Email: info@mind.org.uk

Information & advice for matters relating to mental health

* **Rethink Mental Illness** – 0300 500 0927

Web: [www.rethink.org](http://www.rethink.org/)

Information & advice about mental health, supported housing & local services

* **Royal College of Psychiatrists** – 020 7235 2351

Web: [www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx)

Advice & information on mental illness

* **Sane** – 0845 767 8000 (Daily; 6pm – 11pm)

Web: [www.sane.org.uk](http://www.sane.org.uk/)

Information & advice on mental health for those experiencing mental illness, their families/friends

**MONEY**

* National Debtline – 0808 808 4000

Web: [www.nationaldebtline.org](http://www.nationaldebtline.org/)

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

**PREGNANCY & TERMINATION**

* **British Pregnancy Advice Service** – 0345 30 40 50

Web: [www.bpas.org](http://www.bpas.org/)

Provides support & counselling regarding abortion, contraception & STIs

* **Brook**

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

Free & confidential sexual health advice including pregnancies, contraception & STIs

**RELATIONSHIPS**

* **Imago Relationship Therapy**

Web: [www.gettingtheloveyouwant.co.uk](http://www.gettingtheloveyouwant.co.uk/)

Therapy examining all aspects of a couple & relationship from childhood to adulthood

* **Relate** – 0300 100 1234

Web: [www.relate.org.uk](http://www.relate.org.uk/)

Various forms of support for all couple relationships including information on separation & divorce

* **Tavistock Centre for Couple Relationships** – 020 7380 1960

Web: [www.tccr.org.uk](http://www.tccr.org.uk/)

Email: appointments@tccr.org.uk

Psychotherapy & consultation service for couples & individuals with relationship difficulties

**SELF HARM & SUICIDAL THOUGHTS**

* **Calm** - 0800 58 58 58

Web: [www.thecalmzone.net/help/get-help](http://www.thecalmzone.net/help/get-help)

Support for young men who are depressed or suicidal

* **HOPElineUK** – 0800 068 4141

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org/)

Email: pat@papyrus-uk.org

Specialist support for anyone concerned about people at risk of suicide

* **The Samaritans** – 08457 90 90 90 (Daily; 24 hours a day)

Web: www.samaritans.org

Email: jo@samaritans.org

Confidential emotional support to anyone who is suicidal or despairing

* **National Self Harm Network**

Web: [www.nshn.co.uk](http://www.nshn.co.uk/)

Support & information for people who self-harm & their carers

* **Harmless**

Web: [www.harmless.org.uk](http://www.harmless.org.uk/)

Email: info@harmless.org.uk

Offers a range of services including support, information & consultancy

**SEXUAL ABUSE**

* **One in Four UK** – 020 8697 2112

Web: [www.oneinfour.org.uk](http://www.oneinfour.org.uk/)

Email: admin@oneinfour.org.uk

Therapy & support for those who have experienced sexual abuse & sexual violence

* **Mankind** – 01273 911 680

Web: [www.mankindcounselling.org.uk](http://www.mankindcounselling.org.uk/)

Email: admin@mankindcounselling.org.uk

Specialist support services for men aged 18 + who have experienced sexual abuse

* **Maya Centre** [www.mayacentre.org.uk](http://www.mayacentre.org.uk)

020 7281 8970

 Free counselling service in Islington for women who have experienced mental health issues which may stem from trauma including domestic violence, physical abuse or sexual abuse in childhood and war and conflict as well as harmful practices

* **Safeline** – 0300 123 2028

Web: [www.safeline.org.uk](http://www.safeline.org.uk/)

Advice & support for those who have been sexually abused

**SEXUALITY**

* **The Albert Kennedy Trust** – 020 7831 6562

Web: [www.akt.org.uk](http://www.akt.org.uk/)

Offers support to young LGBT people who are homeless

* **Elop** – 020 8509 3898

Web: [www.elop.org](http://www.elop.org/)

Email: info@elop.org

A holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities including low cost counselling **ELOP** Elop.org

* **Imaan**

Web: [www.imaan.org.uk](http://www.imaan.org.uk/)

Email: info@imaan.org.uk

Support for LGBT Muslim people & their families

* **Lesbian & Gay Switchboard** – 0300 330 0630

Web: [www.llgs.org.uk](http://www.llgs.org.uk/)

Email: chris@llgs.org.uk

Information & support for anyone who needs to consider issues around their sexuality

* **London Friend** – 020 7837 3337

Web: [www.londonfriend.org.uk](http://www.londonfriend.org.uk/)

Email: office@londonfriend.org.uk

Promoting social, emotional, physical & sexual health & well-being of LGBT people

* **The Pink Practice** – 020 7060 4000

Web: [www.pinkpractice.co.uk](http://www.pinkpractice.co.uk/)

Email: info1@pinkpractice.co.uk

Counselling & psychotherapy for gay, lesbian, bisexual & transgendered people

* **Safra Project**

Web: [www.safraproject.org/aboutus.htm](http://www.safraproject.org/aboutus.htm)

Email: info@safraproject.org

Support for LGBT Muslim women

* **Spectrum Trans Counselling Service**[www.spectrum.support](http://www.spectrum.support)

Free, confidential individual and group counselling for people who identify as trans,non-binary or are questioning their gender identity

**UNDER 25s**

* **Brandon Centre**[www.brandon-centre.org.uk](http://www.brandon-centre.org.uk/)

020 7267 4792

Counselling and psychotherapy for young people aged 14 to 21 in Islington and 12-24 in Camden.

Linked centres

The Drum  EC1

Lift  N1

Platform N7

No charge

* **The Drum**

<http://www.brandon-centre.org.uk/counselling/counselling-at-the-drum/>

020 7336 0022

Counselling and psychotherapy for young people (12-21 years) living, working or studying in South Islington.  No charge

* ·         **Get Connected** – 0808 808 4994

Web: [www.getconnected.org.uk](http://www.getconnected.org.uk/)

A range of support & advice for a variety of issues

* ·         **Mind Connect** – 020 7278 4224 / 020 7447 7031

Web: [www.aloneinlondon.org/Our\_services/Mind\_Connect\_service](http://www.aloneinlondon.org/Our_services/Mind_Connect_service)

Email: mindconnect@als.org.uk

Free counselling for people up to 25

* **The Mix- Essential Support for under 25’s** [**https://www.themix.org.uk/**](https://www.themix.org.uk/)

0808 808 4994

Free information and support for under 25’s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

* **Tavistock (YPCS)**

<http://tavistockandportman.uk/care-and-treatment/young-people>

020 8938 2337

[ypcs@tavi-port.nhs.uk](mailto:ypcs@tavi-port.nhs.uk)

Young People’s Consultation Service.  Free, confidential counselling within NHS for 16-30 year olds (up to 4 sessions). Self referral only, by appointment.  First appointment within 2 weeks

See website for other services provided.

**VIOLENCE, RAPE & FORCED MARRIAGE**

* **Everyman Project** – 020 7263 8884

Web: [www.everymanproject.co.uk](http://www.everymanproject.co.uk/)

Email: everymanproject@btopenworld.com

Support for angry & violent men including low cost counselling

* **Karma Nirvana** – 0800 599 9247

Web: [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk/)

Offers support to victims of honour crimes & forced marriages

* **National Domestic Violence Helpline** – 0808 2000 247

Web: [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk/)

National charity providing information & support

* **RAPE Crisis Helpline** – 0808 802 9999

Web: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk/)

National helpline for female & male survivors, partners, friends & family

* **Solace Women’s Aid** – 0808 802 5565

Web: [www.solacewomensaid.org](http://www.solacewomensaid.org/)

Email: advice@solacewomensaid.org

Advice, counselling, accommodation & legal support for those with domestic/sexual abuse issues

* **Refuge** – 0808 2000 247

Web: [www.refuge.org.uk](http://www.refuge.org.uk/)

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

* **Survivors UK** – 0845 122 1201

Web: [www.survivorsuk.org](http://www.survivorsuk.org/)

Email: info@survivorsuk.org

Counselling & group therapy for male survivors of rape or sexual abuse

* **Victim Support Line** – 0845 30 30 900

Web: www.victimsupport.org.uk

Free, confidential advice & support for victims of crime

**GENERAL HEALTH**

* **NHS Choices – dial 111**

Web: [www.nhs.uk](http://www.nhs.uk/)

Confidential advice & information on health issues 24 hours a day, 365 days a year

* **University College Hospital  -** 020 3456 7890

**St Bartholomew’s Hospital** – 020 7377 7000

University of Westminster Counselling Service Oct 2020