

STUDENT & ACADEMIC SERVICES

Counselling Service and Mental Health

Free/Reduced Fee Therapy Services

**UNIVERSITY OF
WESTMINSTER** 

St Marylebone Healing and Counselling Centre
(Psychotherapy)

- Rates on a sliding scale from **£30**

17 Marylebone Road

London NW1 5LT

Tel: 0207 935 5066

Email: hcc@stmarylebone.org

Website: [Psychotherapy - St Marylebone HCC \(marylebone-hcc.org.uk\)](http://www.marylebone-hcc.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 **two years**

1 Fairbridge Road

London N19 3EW

Tel: 0207 272 7013

Website: www.agip.org.uk

British Psychotherapy Foundation

- **£10-£25** per session
- Three sessions per week, two-year minimum commitment

37 Mapesbury Road

London NW2 4HJ

Tel: 0208 452 9823

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, £20** per session
- The Blues Project Scheme is for you if you are on benefits or have low income of less than **£30,000** per annum. You are expected to make a commitment to come for therapy **twice a week** for at least **eighteen months**

1 Highbury Crescent

London N5 1RN

Tel: 0207 700 5070

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 Lonsdale Road

London NW6 6RD

Tel: 0207 644 6240

Email: michelle@minstercentre.ac.uk

Website: www.minstercentre.ac.uk/

Waterloo Community Counselling

- Eighteen 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 eight-twelve 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 928 3462

Email: info@waterloocc.co.uk

Website: www.waterloocc.co.uk

London Analysis, Psychotherapy and Counselling (LAPC)

- Provides a reduced fee service starting from **£15** a session
- 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

Anxiety UK

- Membership starts from **£20** a year
- Assessment fees are on a tier-based system depending on household income before tax
- Therapies offered include:
 - Counselling
 - Cognitive Behavioural Therapy (CBT)
 - Compassion Focused Therapy (CFT)
 - Clinical Hypnotherapy
 - Eye Movement Desensitisation and Reprocessing (EMDR)
- The helpline is open Monday to Friday, 10.30am-5.30pm on **03444 775774** **Text support:** 07537 416 905

'TAUK' to us: <https://www.anxietyuk.org.uk/get-help/tauk-to-us/>

Email: info@anxietyuk.org.uk

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

The Tavistock Centre

- Young persons' clinic is open to **fourteen-twenty five** years
- Self-referrals and GP referrals accepted

120 Belsize Lane

London NW3 5BA

Tel: (Young Persons) 0208 938 2326

Website: <https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/>

London Friend-LGBTQ

One-to-one counselling sessions for LGBTQ 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
Matrix 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

Women + Health

- For women living in Camden; free short-term service offering six-twelve free sessions
- Counselling is also available for men who live in Camden. Please note that male services are currently limited to Thursday and Friday evenings from 5.00pm to 9.00pm.
- Long-term service on a sliding scale based on income; prices range from **£15 - £45**, and sessions last up to one year.
- All sessions are weekly and last fifty minutes.

4 Carol Street

London NW1 0HU

Tel: 0207 482 2786

Email: connect@womenandhealth.org.uk

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

iCope-Camden and Islington Psychological Therapies Service

- Counselling, CBT, workshops and group sessions
- Must be **over seventeen and half** and registered with a GP/reside in Camden or Islington

10 Manor Gardens,

London N7 6ER

Website: www.icope.nhs.uk

Contact: <https://www.icope.nhs.uk/camden-islington/contact-us/>

Rape Crisis - North London

- Free and confidential support for women and girls aged **thirteen+**. Services available 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/solace-rape-crisis/>

Brook Euston

Free and confidential sexual health advice and counselling for young people up to **twenty five years**. Other branches in London

92-94 Chalton

Street London NW1

1HJ

Tel: 0207 387 8700

Website: www.brook.org.uk

Drug and alcohol services – Camden

<https://www.changegrowlive.org/camden/drug-alcohol>

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 317 5252

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

ELOP Counselling– LGBTQ

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

56-60 Grove Road London E17 9BN

Tel: 0208 509 3898

Email: info@elop.org

Website: <http://www.elop.org/>

The Brandon Centre

- Self-referrals and third-party referrals accepted
- Free counselling and psychotherapy service for people aged sixteen-twenty four 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 267 1321

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 673 4545

Email: appointments@theawarenesscentre.com

Website: 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 twelve sessions

6-8 York Mews

London NW5 2UJ

Tel: 0207 284 0090

Email: admin@cciwbs.org.uk

Website: www.bereavement-counselling.org

Claremont

Low-cost therapy service for people over eighteen who are living in Islington

- Existential-phenomenological approach to psychotherapy
- **£10-30 per session**
- Initial **six sessions offered** with the opportunity to extend

24-27 White Lion St

London N1 9PD

Tel: 0207 837 3402

Email: rebecca@claremont-project.org

Website: www.claremont-project.org

Freshstart

Low-fee individual therapy

- Self-referrals accepted
- Unwaged clients and students pay **£15 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

HELP Counselling

Wide range of low-cost counselling services by trainee psychotherapists

- Self-referrals accepted
- **Minimum of six initial sessions** with the opportunity to extend
- Must be over **eighteen**
- 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

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 **two years**

47 Nelson Square

London SE1 0QA

Tel: 0207 401 3260

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

Website: 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 5009

Email: counselling@metrocharity.org.uk

Website: <https://metrocharity.org.uk/>

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 – six weeks to a year

1A Darnley Road

London E9 6QH

Tel: 0208 985 3570

Email: reception@centreforbetterhealth.org.uk

Website: 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-£60**. Twelve free sessions available to those living with HIV and on a low income

439 Caledonian Road

London N7 9BG

Tel: 0808 802 1221

Email: counselling@ttht.org.uk

Website: www.ttht.org.uk

You may also find the following links useful:

www.studentsagainstdepression.org

Information and advice on managing depression

www.studentminds.org.uk

Student mental health charity

www.beateatingdisorders.org.uk

Support for anyone affected by eating disorders

www.mind.org.uk

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

www.drinkaware.co.uk

Help to reduce alcohol misuse and harm

**UNIVERSITY OF
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CONTACT US

Counselling Service

Cavendish: **0207 7911 5000 ext. 66899**

Email: counselling@westminster.ac.uk

Updated 1st August 2024