

External Counselling and Therapy Organisations

ARBOURS ASSOCIATION



Low fee Psychoanalytic Psychotherapy in North & South London –once or twice weekly therapy

Psychotherapy Service based on 'ability to pay' on a sliding scale ranging from £30 - £60. Fee for initial consultation is £60. All therapists registered with UKCP.

020 8340 7646

info@arboursassociation.org

www.arboursassociation.org

THE ASSOCIATION FOR GROUP AND INDIVIDUAL PSYCHOTHERAPY (AGIP) - Fairbridge Clinic



Low fee psychoanalytic psychotherapy via their Fairbridge Clinic in Archway.

Fairbridge Clinic offers low fee therapy to those in education or unemployed and on benefits. The assessment fee is £35 and the usual cost of a session ranges from £8 to £25 depending on financial circumstances.

Required to commit to twice weekly for up to two years, and to see a training therapist.

020 7272 7013

www.agip.org.uk

THE BOWLBY CENTRE – The Blues Project



Attachment-based psychotherapy. Therapists across London, all members of UKCP

The Blues Project – low income therapy places available for those on benefits or with an income of less than £12,000pa. Clients are expected to make a commitment to twice weekly psychotherapy for at least two years. Therapy sessions are £10 (a weekly total of £20). Assessment cost is £35.

020 7700 5070 (main)

07483 428 275 (Blues Project)

admin@thebowlbycentre.org.uk

<https://thebowlbycentre.org.uk/>

The Blues Project:

<https://thebowlbycentre.org.uk/psychotherapy/the-blues-project/>

THE AWARENESS CENTRE



TAC has a team of over 300 therapists offering confidential counselling, psychotherapy and psychology, in more than 30 languages, on a short-term and open-ended basis to support the mental health and emotional wellbeing of individuals, couples and families.

Low cost service available.

Counselling is offered in person, online and over the phone. In person appointments take place in Clapham and Tooting.

020 8673 4545

<https://theawarenesscentre.com/>

THE BRANDON CENTRE



Currently offering 16 free sessions of one-to-one therapy for young people:

Aged 16-24 in Camden

Aged 16-21 in Islington

Based in Kentish Town, Islington or Finsbury Park.

020 7267 1321

www.brandon-centre.org.uk

Young men in Islington (aged 16-25) can also access support through:

<https://brandon-centre.org.uk/services/arsenal-brandon-connect>

BRITISH PSYCHOTHERAPY FOUNDATION (BPF)



Low Fee Service: Psychoanalytic psychotherapy for those prepared to attend three times weekly for at least two years. £10 to 25 per session with an initial admin fee: £30 and assessment fee: £75-£100

Also offers standard cost therapy, including once weekly: fees vary according to therapist.

020 8452 9823 / 0208 438 2415

www.britishpsychotherapyfoundation.org.uk

COMMUNITY COUNSELLING – EAST HAM

Community Counselling

A low cost counselling service in the heart of East London

Low cost Person-Centred counselling in East Ham, E6.

Sessions are between £10 and £25 per session, up to 20 sessions. Can also refer to low cost private therapists from £30 a session.

07547 893 700/020 8524 9711
www.communitycounselling.org.uk

COMMUNITY PSYCHOTHERAPY NETWORK



Open-ended counselling, sliding scale of fees in Bethnal Green.

Standard fee from £30.00, lower rates available

020 3539 9647/07403 603 615
<http://communitypsychotherapy.org.uk/>

CENTRE FOR BETTER HEALTH



Low-cost integrative counselling service - open ended and brief individual counselling offered.

£5 per session for clients who are unemployed and receiving benefits,
£20 per daytime session for clients who are in full time employment earning under £20,000
£40 for evening sessions.

0208 985 3570

www.centreforbetterhealth.org.uk

CROSSROADS



Affordable integrative counselling to residents of **Tower Hamlets** who have enduring emotional and mental health difficulties.

Sliding scale of fees £4 to £32 per session.

020 8981 8388
www.crossroadscounselling.org

GUILD OF PSYCHOTHERAPISTS



Professional training organisation for psychoanalytic psychotherapists. Referral service for private psychoanalytic psychotherapy, across London and surrounds.

The Reduced Fee Clinic at the Guild of Psychotherapists provides psychotherapy to people living in Lambeth, Southwark or Lewisham with an annual income of £18,000 or less. Negotiated with therapists. Weekly/twice weekly up to 2 years.

<http://guildofpsychotherapists.org.uk/psychotherapy/reduced-fee-clinic/#.WabOzVGQyUk>

0207 401 3260/ 020 7401 3370/020 8471 8016
www.guildofpsychotherapists.org.uk

HIGHBURY COUNSELLING CENTRE

Offers psychodynamic or integrative counselling with senior trainee or qualified counsellors.

Fees - student assessment £30 - sessions from £15

0207 3544791

<https://www.wlm.org.uk/affordable-counselling>

INNER CITY CENTRE

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Psychoanalytic psychotherapists providing therapy in the City and throughout London.

£50.00 fee for initial consultation via telephone (£25.00 for those on benefits)
Low cost fees from £35 per session.

020 7247 1589

www.icclondon.org.uk

THE KOAN PRACTICE



THE KŌAN PRACTICE

A group practice of therapists offering long and short term therapy, couples therapy and CBT.

Students/unwaged can expect to pay £20.00 per session. Initial consultation fee £40.00.

0208 2529532

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

MANOR HOUSE CENTRE FOR PSYCHOTHERAPY AND COUNSELLING

The Manor House Centre For
Psychotherapy & Counselling
Established counselling training and clinical service

Training institute that offers long-term low-cost therapy with psychodynamic counsellors who are senior trainees or experienced graduates

Face to face appointments only in **Finchley or Barnet area**

Fee agreed on between patient and counsellor, patients pay from £15 - £50, some reduced fee slots for those that really need it (£5 - £15).

020 8371 0180

www.manorhousecentre.org.uk/counsellingservice.php

ST MARYLEBONE HEALING AND COUNSELLING CENTRE

Counselling once weekly for up to 2 years. Not location specific.

Fees on a sliding scale according to income, weekly sessions starting at £25. All fees open to negotiation

Tel: 020 7935 5066

<https://marylebone-hcc.org.uk/counselling-and-therapy/>

THE METANOIA INSTITUTE



Metanoia is a training institute that offers low cost therapy with counsellors and psychotherapists who are in training. Offers appts in Ealing with evening sessions available.

Sessions cost between £5 and £25 based on income, fee agreed between patient & counsellor.

0208 832 3080

www.metanoia.ac.uk

COUNSELLING FOR MEDICAL STUDENTS: BMA COUNSELLING AND DOCTOR ADVISOR SERVICE



Confidential 24/7 counselling and peer support services open to all doctors and medical students (regardless of BMA membership), plus their partners and dependents.

<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students>

MIND IN CITY, HACKNEY AND WALTHAM FOREST



City and Hackney Mind provide a wide range of services including counselling to people who are registered with a GP in **Hackney**. On average 12-16 sessions offered.

Easiest referral route is via their online self-referral form: <https://www.mindchwf.org.uk/make-a-referral-2/>

0208 525 2301

<https://www.mindchwf.org.uk>

MIND IN ISLINGTON



Islington Mind provides various support pathways including counselling of up to 20 weeks to residents of **Islington**.

Low fee open-ended service via Mind Spa, Ashley Road.

Tel: 020 3301 9850

Website: www.islingtonmind.org.uk

MIND in TOWER HAMLETS AND NEWHAM



Provides counselling to residents of **Tower Hamlets and Newham** via TH/Newham Talking Therapies. Typically offers 6-8 sessions

Self-referral via Tower Hamlets Talking Therapies website

020 7510 1081

www.mithn.org.uk

MINSTER CENTRE

The service offers a minimum of 12 months' psychotherapy (40 sessions minimum). Not location specific. Must consent to all sessions being audio recorded for student training purposes

Fee for initial consultation is £40 (if in employment) and £15 (if receiving benefits). The fees for following sessions are then based on individual circumstances and will be discussed during initial consultation. As a basic guideline it is suggested that clients pay £1 for every £1000 they earn

020 7644 6240

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

NAZ Sexual health for everyone

NAZ provides counselling and psychotherapy to those experiencing difficulties with their sexuality, sexual health and relationships. They also specialise in working with people from BAME communities.

In person, online and telephone counselling available.

Free or low-cost sessions – initially 12 sessions. Possibility to explore a referral to an external service, one of their other services, or the possibility of more sessions at NAZ if more sessions required.

Tel: [0208 741 1879](tel:02087411879)

<https://www.naz.org.uk/health-wellbeing>

OFF CENTRE AT FAMILY ACTION



Off Centre offers free advice, individual counselling, art therapy and therapeutic drop-in for young people aged 16-25 who live in and have their GP in the City or Hackney

12-16 sessions of counselling offered – potential extension to 30 sessions possible

020 8986 4016

<https://www.family-action.org.uk/what-we-do/children-families/off-centre/>

ONE IN FOUR UK



Counselling for victims of childhood sexual abuse and trauma, as well as advocacy and practical support.

Up to two years of sessions offered.

0208 697 2112

<https://oneinfour.org.uk/>

OPEN DOOR



Free counselling/psychotherapy for young people aged 12-22 resident in Haringey. Based in Crouch End and Tottenham.

Offers long and short-term psychodynamic counselling, group therapy, CBT and Mindfulness.

020 8 348 5947

www.opendooronline.org

TAVISTOCK CLINIC YOUNG PEOPLES CONSULTATION SERVICE (YPCS)



Offers up to four free and confidential consultations within the NHS to young people and adults in these boroughs:

- Barnet - young people up to 25 years old
- Camden - young people aged 16 to 30
- Hammersmith & Fulham - young people aged 18 to 30

020 8938 2337

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/young-peoples-consultation-service-ypcs/>

TAVISTOCK CLINIC ADOLESCENT AND YOUNG ADULT SERVICE (AYAS)



Offers young people aged 14-25 in Camden, Barnet, Haringey, Islington and Westminster:

- psychoanalytic psychotherapy
- short-term psychoanalytic psychotherapy (STPP)
- dynamic interpersonal psychotherapy (DIT)
- group therapy
- work with parents

Accepts self-referral as well as via GP or those working with young people.

020 8938 2326

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/adolescent-and-young-adult-service-ayas/>

STEP FORWARD



Free counselling (mostly short term) and advice for young people aged 11-25.

Based in Tower Hamlets.

020 7739 3082

www.step-forward.org

WATERLOO COMMUNITY COUNSELLING



Low fee Multi-Ethnic counselling service offering psychodynamic, person-centred and CBT

Fees from £20 per session/ £15 for those on benefits with payment of £30 (in advance) for assessment appointment.

020 7928 3462

www.waterloocc.co.uk

WPF THERAPY



WPF is a training institute that offers a range of therapies provided by therapists in training. Time-limited and open-ended psychodynamic counselling, Cognitive Behavioural Therapy and Group therapy.

Kyle Clinic low fee service is means tested (bank statement/payslips) with sessions costing £5-25, offering sessions for 1 year/open ended.

020 7378 2000

www.wpf.org.uk