



Therabeauties Recommendations

In Collaboration with MIND

for

Free and Low Cost

Support Services

(in London)



2019

MENTAL HEALTH & WELLBEING SERVICE
London

Introduction

N.B. Some of these services are in Islington or neighbouring boroughs but the list also includes London wide services open to Islington residents. Many also offer full rate places for those who can afford it. Most of these services will accept self-referral or referral from a professional.

People facing Serious Mental Illness (SMI) such as psychosis, personality disorder or dual-diagnosis are sometimes excluded from services and can be seen in secondary care but may fall through the cracks. Individual services can advise on who they support, but where services offer specific work with these diagnoses this is noted in the description.

This list also includes useful websites and helplines for specific issues that may offer informal helpline counselling, services such as support groups and signposting to counselling. There is also a list of mental health charities offering services including helplines and low cost therapy.

You can assume confidentiality for all services but do check if unsure.

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This is an extensive list, so please do take you time to explore the appropriate service for you.
If you have feel you are experiencing multiple concerns or conditions,
then you may wish to begin finding the support best suited to your most pressing needs.

1

General Services

(all self-referral or referrals can come from professionals)

- ♥ **The Wellbeing Service** is based at Manor Gardens Centre and can support you to navigate and access services and activities beneficial to your wellbeing, including support volunteers and small bursaries where finances are preventing you from accessing services. We support anyone who lives/works in Islington or has an Islington GP and isn't currently in crisis. Email wellbeing@manorgardenscentre.org or call 020 7561 5299
- ♥ Many workplaces offer an **Employee Assistance Programme** or **in-house counselling scheme** for free, it may be worth enquiring
- ♥ **Camden Listening & Counselling Centre** - sliding scale (low cost) 12-24 sessions, counselling They also offer a one off drop in crisis listening session for free
- ♥ **Centre for Better Mental Health**- £5 to £25, 5 months approx., integrative counselling approach
- ♥ **Claremont Psychotherapy Service** - £10 to £30, up to a year, existential approach
- ♥ **Fleet Counselling** - sliding scale (low cost, some free), up to 6 months
- ♥ **Highbury Counselling Centre** - £15 minimum then sliding scale dependent on income (flexible) Different counselling approaches available, up to one year. They also offer one year group therapy
- ♥ **The Stress Project** - £12-45, up to 26 sessions, counselling
- ♥ **North London Group of Therapists** - individuals, couples, sex and relationship, group, family and child and adolescent therapy, some concessions offered; enquire with individual therapists, length of time to be decided, various approaches available
- ♥ **Islington Mind** (Therapy In Mind) from £45 for open ended psychotherapy. Also 20 sessions of counselling at low cost with a free assessment. They also offer a low cost, long term psychosis therapy project and a free group for mothers of those with severe mental health issues.

- ♥ **Hampstead Counselling Service** - sliding scale according to income, length of treatment to be decided, counselling
- ♥ **Spiral Holistic Therapy Centre** - £10-50 dependent on income, range of different counselling and psychotherapy approaches, open ended
- ♥ **Inner City Centre for Psychotherapy and Counselling** - sliding scale fees according to affordability, time to be decided. Can attend once weekly or 2-5 times weekly, psychoanalytic approach. Also offers groups and couples work.
- ♥ **Terapia Consultancy** - sliding scale to be decided and length to be decided with therapist, various approaches, also does couples and psychosexual work
- ♥ **St. Luke's Community Centre** - listed as affordable, length to be decided, counselling
- ♥ **The Samaritans** (phone line), 24/7 phone line- safe space to talk at any time, not just for the suicidal but can also be used in suicidal crisis, 116 123
- ♥ **The Therapeutic Consultants** - short term or long term available, has some low cost spaces between £10-30 with trainee dependent on income, range of approaches. Also offers low cost child psychotherapy for £30 per session
- ♥ **The Arbours Association** - Low cost (when available with trainee) up to £20, medium cost up to £50, full cost £50 plus, long or short term available, psychoanalytic approach
- ♥ **Highgate Counselling Centre** - Individual, couples, bereavement and family or group counselling, sliding scale according to affordability, 12 sessions up to 2 years, counselling, various languages offered
- ♥ **The Fairbridge Clinic @ Association for Group and Individual Psychotherapy** - Trainees and graduates offering low cost psychoanalytic psychotherapy (fees £8 - £25). You will normally be expected to attend the Clinic twice weekly for a minimum of two years, psychoanalytic. They allow new-born babies into sessions, and have therapists from different cultures and sexual orientations, and in various languages
- ♥ **The Blues Project @ The Bowlby Centre** - £10 per session twice weekly for a minimum of 2 years, attachment based psychoanalytic psychotherapy (very useful for those with attachment issues and personality disorder rooted in attachment difficulty)

- ♥ **WPF therapy** - Open Kyle Low Cost Therapy Clinic, psychodynamic psychotherapy for one year between £5-25 per session dependent on income up to £20k. £40-80 per session for full fee payers for CBT and short or long term psychodynamic therapy, with some opportunity for low fee 3 times weekly psychoanalytic therapy for two years minimum, group therapy starting at £80 per month
- ♥ **The Free Psychotherapy Network** - online network of free therapy, various time frames and approaches, search individual therapists by area
- ♥ **Waterloo Community Counselling Service** - sliding scale £12-60, up to two years treatment, multiples languages as well as British Sign Language offered, free for asylum seekers and refugees, counselling
- ♥ **British Psychotherapy Foundation** - low fee intensive therapy with trainees from £10-25 per session or mid fee £25-45 per session, 3 sessions per week for 2 years minimum, range of psychoanalytic approaches, also offers child and adolescent low cost psychoanalytic therapy up to age 21
- ♥ **CPPD counselling school** - low fee service for those on low or no incomes with trainee counsellors, humanistic integrative counselling
- ♥ **Centre for Freudian Analysis and Research** - low cost scheme available on sliding scale, no time limit for treatment, psychoanalysis
- ♥ **The Minster Centre** - low cost counselling and psychotherapy on sliding scale based on ability to pay with trainee therapists, one year minimum, integrative approach
- ♥ **London Clinic of Psychoanalysis** - offers some low cost, 5 sessions per week analysis starting at £5 per session, some trainees, very intensive psychoanalysis
- ♥ **Metanoia Institute** - counselling or psychotherapy with trainee, sliding scale of fees based on affordability, from £5-25
- ♥ **Philadelphia Association** - individual, group, couples and family therapy offered on sliding scale, short or long term available, range of approaches available
- ♥ **Psychosynthesis Trust** - low cost clinic £10-30 according to affordability with trainees, short or long term, psychosynthesis approach

- ♥ **Counselling Initiatives** - unlimited-term counselling for those on low incomes or benefits, modest donation only, counselling
- ♥ **Re-vision** - £10-35 dependent on income, 20 sessions maximum, integrative transpersonal counselling and psychotherapy
- ♥ **Women and Health** - some free and low cost counselling and psychotherapy and alternative therapies for women registered with a GP in Camden
- ♥ **The Camden Psychotherapy Unit** - free and low cost (sliding scale based on affordability) psychoanalytic therapy, short or long term available up to a maximum of 2 years, several languages offered
- ♥ **The Caravan** - drop in counselling service which can evolve into counselling relationship if desired, free
- ♥ **Talk for Health** - free therapeutic talking programme for groups (similar to group therapy) teaching skills in open talking, communication and empathic listening, ongoing groups when the programme ends. Men's only programme also offered
- ♥ **Association of Jungian Analysts** - reduced fee scheme for those who could not otherwise afford it, length of treatment at least 2 years, Jungian psychoanalysis
- ♥ **The Gestalt Centre** - low cost Gestalt therapy with therapists in training, exact cost and length of treatment to be decided
- ♥ **Albany Trust** - counselling and psychotherapy, couples and sexual problems work, some provision for low cost therapy with therapists in training £10-55
- ♥ **The Awareness Centre** - low cost counselling service, £15-35 depending on income, bereavement counselling, anger management, LGBTQ+ counselling, multilingual counselling service offering over 30 languages, addiction counselling, general counselling, large range of psychotherapy and counselling approaches available, short term to open ended length

2

Therapist Directories

Many individual therapists offer low cost or concessionary places and can be found in one of the following directories:

- ♥ **British Association for Counselling and Psychotherapy (BACP)** - online directory of BACP approved therapists, including children's therapists
- ♥ **Counselling Directory** -online directory of registered therapists, including children's therapists
- ♥ **United Kingdom Council for Psychotherapy (UKCP)** - online directory of registered therapists, including children's therapists
- ♥ **British Association for Behavioural and Cognitive Psychotherapists (BABCP)** - directory of registered CBT therapists, including children's therapists
- ♥ **British Psychological Society (BPS)** - online directory of BPS accredited chartered psychologists, including children's therapists
- ♥ **The British Association of Play Therapists** - directory of play therapists
- ♥ **Association of Child Psychotherapists** - directory of psychoanalytic child and adolescent psychotherapists
- ♥ **The Black and Asian Therapy Network** - listing of therapists that represent a range of different theoretical orientations and specialisms and are experienced in working with the distinctive African, Caribbean and South Asian experience
- ♥ **Pink Therapy** - An online directory of therapists of all sexualities and gender identities who work with gender and sexual diversity clients across the LGBTIQ spectrum from a non-judgmental standpoint, some may offer reduced rates

3

Mental Health Charities/Helplines/Websites

This is a list of useful helplines and websites for mental health charities including for specific mental illnesses. Opening times may vary if not listed as 24 hour. Some of these charities may offer counselling services or be able to advise on where you can access counselling, or offer informal counselling via their helplines. Most helplines are free but check on their website if you are unsure.

- ♥ **The Samaritans** - free, confidential phone line available 24/7 for people in crisis, 116 123, anyone of any age can use the phone line
- ♥ **Papyrus** - free, confidential phone line for people under 35 in suicidal crisis, 0800 161 4141
- ♥ **Mind Infoline** - can advise on various aspects of mental health including services in your area- 0300 123 3393
- ♥ **Anxiety UK** - support for people with anxiety problems, helpline 03444 775 774. Offers low cost psychotherapy on a sliding scale according to income, various approaches available, length of time to be decided
- ♥ **Bipolar UK** - support for people with bipolar, 0333 323 3880, support groups, online community and peer support line, also offers youth support for under 26's
- ♥ **Mental Health Foundation** - support for anyone with mental health problems or learning disabilities, website only
- ♥ **No Panic** - support for sufferers of panic attacks and obsessive compulsive disorder (OCD) including telephone and email support services, an app, and a course to help overcome your phobia/OCD. Helpline 0844 967 4848, offers youth hub helpline for 13-20 year olds 0330 606 1174
- ♥ **OCD Action** - Support for people with OCD. Helpline 0845 390 6232 plus email support and support groups for different groups including perinatal, parents and young people. Has a dedicated OCD Youth platform for under 25s

- ♥ **Hoarding UK** - support around hoarding including groups and helpline, 020 3239 1600
- ♥ **OCD UK** - run by people with OCD, for people with OCD. Helpline 0845 120 377
- ♥ **Rethink Mental Illness** - support for people living with mental illness 0300 5000 927
- ♥ **Young Minds** - crisis text message service for young people in crisis, text YM to 85258, online support for young people and professionals working with young people, with a parents helpline, 0808 802 5544 (for children and young people up to age 25)
- ♥ **Alcoholics Anonymous** - support for alcoholics including groups. 24 hour helpline 0845 769 7555 (24-hour helpline)
- ♥ **Gamblers anonymous** - online support only for people struggling with gambling
- ♥ **Narcotics Anonymous** - substance abuse support for users and those affected by their use, phone 0300 999 1212
- ♥ **Alzheimer's Society** - support around dementia for sufferers and anyone affected by dementia such as carers, phone 0300 222 1122
- ♥ **Beat** - support for people affected by eating disorders including web chat, helplines and support groups, phone 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)
- ♥ **Supportline** - phone support for people of all ages facing any mental health issue and a range of problems, 01708 765200
- ♥ **Depression UK** - online support for depression
- ♥ **BPD World** - online support including forums, therapist search and low cost trainee counsellors/social workers available for phone or internet live chat £5-10 per session
- ♥ **The Association for Post Natal Illness** - support for people facing post-natal illness, helpline 0207 386 0868
- ♥ **The Mix** - helpline, 1-1 chat service, crisis messenger, discussion board and group chat for under 26s around all issues including mental health- 0808 808 4994

- ♥ **The Hearing Voices Network** - support including forums and groups for people who hear voices, see visions or have other unusual perceptions
- ♥ **The National Paranoia Network** - support for people who experience paranoia including support groups
- ♥ **Voice Collective** - support for children and young people who hear, see or sense things that others don't and their families including support groups and workshops
- ♥ **Maternal OCD** - online support for people affected by perinatal OCD
- ♥ **Action on Postpartum Psychosis** - forum, peer support, online information for people affected by postpartum psychosis including partners
- ♥ **Campaign Against Living Miserably (CALM)** - support line for men who are suicidal or struggling in any way, 0808 802 5858
- ♥ **Gamcare** - live chat, chat rooms, support groups and free treatment for problem gamblers and their families and friends, free
- ♥ **National Gambling Helpline** - for people affected by problem gambling, 0808 8020 133
- ♥ **PANDAS** - Online support and support groups for pre and post-natal depression
- ♥ For PTSD and complex PTSD see 'abuse services'
- ♥ **Combat Stress** - support for veterans mental health, free therapy services including art therapy and 24 hour helpline, 0800 138 1619

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NHS Services

You may wish to see your GP in the first instance; they can prescribe medication or refer to talking therapies or assessment services, where appropriate.

Calling NHS 111 may also be useful.

For what to do in a crisis see 'crisis services' below.

These services are for over 18s unless stated otherwise.

- ♥ **iCope** (primary care will accept self-referral and referrals from GPs and voluntary sector agencies). Not suitable for serious mental illness, eating disorders, drug and alcohol abuse and may not be suitable in all cases of PTSD/trauma. Well suited for mild to moderate common mental health problems. Can also assess and refer onto more suitable services where appropriate.
- ♥ **Practice Based Mental Health Team** (formerly Assessment and Advice) - Assessment services for diagnosing and onward treatment referral or medication advice for people presenting with any kind of significant mental health difficulty that is affecting their functioning and that hasn't been helped in iCope or primary care. A good option if someone isn't suitable for iCope and more input is needed on where to refer, or where you aren't sure of what the presenting problem is etc. Will accept referrals for 17.5+ year olds
- ♥ **Expert Patient Programme** - psychoeducation and support groups for people with mental health issues, self or professional referral
- ♥ **'New Beginnings' Mental Health Course** - free self-management programme for people living with, or in recovery from, a mental health problem, self or professional referral
- ♥ **Traumatic Stress Clinic** - trauma focussed therapies/multidisciplinary service for people who have experienced multiple traumatic events and may have a diagnosis of PTSD or complex PTSD. Referrals can only come from iCope or Assessment and Advice or PBMHT
- ♥ **Complex Depression, Anxiety and Trauma Service** - multidisciplinary service with various treatment modalities for those with complex mental health issues/trauma

that require secondary care. Referral by iCope, Assessment and Advice Team, PBMHT or voluntary and other services. Treatment length varies.

- ♥ **Camden and Islington Personality Disorder Service** - multidisciplinary service with various specialised treatment modalities for those presenting with personality difficulties, referral by GP, Assessment and Advice or other specialist services. Length of treatment to be decided but can be more long-term.
- ♥ **The Tavistock** - wide range of multidisciplinary services offered for those in North London boroughs including couples therapy, family therapy, CBT, EMDR and psychoanalytic psychotherapy including more intensive therapy for those with severe and enduring mental health problems. Can offer more long term treatment of up to several years depending on presenting problem. Referral by GP or mental health professional involved in person's care only.
- ♥ **Camden and Islington Psychodynamic Psychotherapy Service** - psychodynamic psychotherapy for people with a range of presenting mental health problems that require secondary care. Treatment length is around a year for individual therapy and up to 3 years for group therapy. Referral from GP or other health professional.
- ♥ **Perinatal Mental health service** - multidisciplinary service for women in the perinatal period - during pregnancy and up to 6 months after childbirth - who are experiencing mental health difficulties. Referral by GP, midwife or any professional involved in care
- ♥ **North London Partners Specialist Perinatal Mental Health Service** - multidisciplinary service for those considering pregnancy, pregnant, or recently had baby with severe and enduring mental health needs, referral from GP or professionals
- ♥ **Recovery College** - mental health and wellbeing courses open to all, self-referral
- ♥ **Psychosexual Service** - works with people with sexual difficulties as individuals or couples, average of 6 sessions, several weeks apart, works with people from all cultural backgrounds and sexual orientations/gender presentations, GP referral but will take referrals from any health professional and self-referral in exceptional cases
- ♥ Please see **Camden and Islington website** for other services including inpatient, day services, crisis houses, early intervention for first episodes of psychosis, learning disability service, dementia service and services for older people, veterans, and enablement and recovery teams

5

Child, Adolescent, and Young Adult Services

(0-35 years, plus family and parenting services for adults)

The majority of general and issue specific services listed in this document are suitable for over 18s and sometimes younger. Where they have explicitly listed child/adolescent/young adult/family specific services available they are listed below, but it is worth checking with individual services and noting that many helplines and charities for specific issues and groups will accept under 18s, Inc. The Samaritans. All below services are self-referral or referral can come from professionals.

- ♥ **The Direct Action Project** - who can advise on free and low cost therapy services for children and young people aged 11-24 and parents of young children in Islington
- ♥ **Child and Adolescent Mental Health Services (NHS)** - Local NHS dedicated mental health services and therapies for children and young people up to age 18, range of services offered for behavioural and emotional difficulties, mental health issues, learning difficulties and autistic spectrum support
- ♥ **Talk to Us Off the Record** - good directory of children's and young people's services in London
- ♥ **British Association for Counselling and Psychotherapy (BACP)** - online directory of BACP approved therapists, including children's therapists
- ♥ **Counselling Directory** - online directory of registered therapists, including children's therapists
- ♥ **United Kingdom Council for Psychotherapy (UKCP)** - online directory of registered therapists, including children's therapists
- ♥ **British Association for Behavioural and Cognitive Psychotherapists (BABCP)** - directory of registered CBT therapists, including children's therapists
- ♥ **British Psychological Society (BPS)** - online directory of BPS accredited chartered psychologists, including children's therapists

- ♥ **Youth Wellbeing Directory** - lists of local services for young people's health and wellbeing
- ♥ **Philadelphia Association** - family therapy offered on sliding scale
- ♥ **Young Adult Consultation Service at the Tavistock (NHS)** - four free and confidential sessions for young people up to the age of 30 experiencing personal or emotional difficulties
- ♥ **Parents Consultation Service at the Tavistock (NHS)** - four free and confidential sessions for parents who are concerned about a young person aged 14-25
- ♥ **The Tavistock Young Adult Service (NHS)** - a multidisciplinary team offering a range of treatments (mainly psychoanalytical) for young people aged 14-25. Self-referral or referral by GP or other professionals working with young people. Length of treatment to be decided but can be more long term
- ♥ **The Therapeutic Consultants** - £30 low cost child and adolescent psychotherapy
- ♥ **British Psychotherapy Foundation** - offers child and adolescent low cost psychoanalytic therapy up to age 21
- ♥ **Headmeds** - online support around psychiatric medication for young people
- ♥ **TYS Youth Counselling Service** - 12 counselling sessions for young people aged 12-21, free
- ♥ **Body and Soul** - services for children, teens and young adults up to the age of 30 who are adopted, living with HIV or have attempted suicide/self-harm. Offers groups, 1-1 therapy, alternative therapies, play therapy, activities and a regular dedicated space for members.
- ♥ **Terrence Higgins Trust** - free counselling for Young People aged 14-24 at their Kings Cross head office
- ♥ **Mind Connect (Part of Alone in London/Depaul charity)** which also offers services for young people who are homeless/at risk of homelessness or in crisis) - 6-12 counselling sessions for young people (any young person you do not have to be facing homelessness) aged 12-25, free

- ♥ **The Brandon Centre** - counselling and psychotherapy for young people aged 14-21, length to be decided but maximum of a year, also offers systemic integrative treatment for severe behavioural difficulties, and a parents and carers consultation service, free
- ♥ **Brook** - psychological therapies for under 25s from a range of approaches as well as other programmes, usually 6-12 sessions, free
- ♥ **Transitions Service (NHS)** - a range of support for young people aged 16-24 at greatest risk of youth violence
- ♥ **North London Group of Therapists** - individuals, couples, sex and relationship, group, family and child and adolescent therapy, some concessions offered; enquire with individual therapists, length of time to be decided, various approaches available
- ♥ **Gendered Intelligence** - projects and services including support groups for trans, non-binary or gender-questioning young people up to the age of 30
- ♥ **South London Family Centre** - initially set up for BME families, offers free youth counselling service for ages 11-21 as well as low cost family services
- ♥ **Papyrus** - 0800 068 4141- for children and young people under the age of 35 who are thinking about suicide or those worried that a young person is suicidal
- ♥ **Gingerbread** - support for single parent families including a forum and groups, helpline 0808 802 0925
- ♥ **Growing Together (NHS)** - support for parents of 1-5 year olds in Islington, therapy for parents and their children, various interventions available according to needs including groups and workshops for parents and dads, some workshops/ groups self-referral, others will require GP or health professional referral
- ♥ **Islington Early Intervention Service (NHS)** - treats 17.5+ presenting with first episode of psychosis. Formerly for under 35s, now suitable for all adults. Referral by any agency.
- ♥ **Better Lives Family service (NHS)** - therapeutic support for children and families where a parent or carer uses drugs or alcohol as well as families, partners and friends affected by substance misuse, self-referral or professional referral

- ♥ **Islington Young People's Drug and Alcohol Service** - free service for young people with drug and alcohol issues and families affected by this, 13-21 year olds
- ♥ **Solace Women's Aid** - offers a range of services across different age groups up to the age of 25, including support in refuge's, creative therapies for children who have been affected by domestic or sexual violence, IDVA's for 11-25 year olds who have been hospitalised due to violence against women and girls, and the North London rape crisis counselling is suitable for women and girls age 13+ who have experienced sexual violence at any point in their lives
- ♥ **The Lighthouse** - first multi-agency dedicated service for children and young people who have been sexually abused
- ♥ **Sky Badger** - has some great guides to parental and family mental health when a child is disabled
- ♥ **Family Lives** - free and confidential helpline and email support around any aspect of parenting or family life including bullying, 0808 800 2222
- ♥ **Haven Network** - gang member helpline and support for people of any age
- ♥ **London Gang Exit@ Safer London**- London wide support for 16-24 year olds involved in gangs including counselling
- ♥ **Islington Integrated Gangs Team** - support for 10-24 year olds affected by gangs with specialist support for young women also
- ♥ **The Mix** - helpline, 1-1 chat service, crisis messenger, discussion board and group chat for under 26s around all issues including mental health- 0808 808 4994
- ♥ **CAMHS Services at the Tavistock (NHS)** - Islington and North London residents can access many services based at the Tavistock including family therapy, support for parents and child psychotherapies, for children with emotional and behavioural difficulties, learning difficulties and autistic spectrum support, requires GP or professional referral
- ♥ **The British Association of Play Therapists** - directory of play therapists
- ♥ **Association of Child Psychotherapists** - directory of psychoanalytic child and adolescent psychotherapists
- ♥ **Highgate Counselling Centre** - offers low cost family therapy on a sliding scale

- ♥ **The Awareness Centre** - offers low cost child and adolescent therapy (£5-35), short or long term, various approaches available
- ♥ **Kidstime Workshops (NHS)** - resources and support for children who care for or live with a parent or sibling who has a mental illness
- ♥ **The Gender Identity Development Service (NHS)** - nationwide clinic based at the Tavistock for children and young people under 18 and their families struggling with their gender identity, referral from GP, professional or CAMHS only
- ♥ **Mind Islington** offers support project and group therapy for mothers of children of any age with severe mental health issues
- ♥ **The Tavistock Centre for Couple Relationships** - parents relationship counselling and psychotherapy, sliding scale according to affordability, LGBTQ+ friendly
- ♥ **Caris Islington** - bereavement counselling offered to young people and children, free
- ♥ **Child Bereavement UK** - support to access counselling and other services where there is loss of a child or young person or where a child or young person up to age 25 is grieving, free helpline 0800 02 888 40
- ♥ **Grief Encounter** - various services including free helpline 0800 02 888 40, 6 sessions of free bereavement counselling for young people over 14
- ♥ **Islington Carer's Hub** - services including support groups for young adult carer's aged 18-25
- ♥ **Family Action Islington and Camden Young Carers Service** - support for young carers and their families under 18
- ♥ **Frank** - honest information about drugs, helpline 0300 1236600, plus email and text service and online directory of drugs, their affects, support for those worried about themselves or someone else and local support services
- ♥ **The Havens** - support including counselling for anyone in London who has been sexually assaulted in the last 12 months, free, designated service for 13-18 year olds

- ♥ **CNWL National Problem Gambling Clinic (NHS)** - clinic treating problem gamblers over the age of 16, including support for couples and families affected by problem gambling
- ♥ **The Refugee Therapy Centre** - family therapy, as well as child and adolescent psychotherapy for refugees and asylum seekers, many languages offered, different counselling and psychotherapy approaches offered, free
- ♥ **Baobab Centre** - non-residential therapeutic community offering various therapies and activities for child and adolescent asylum seekers up to age 24
- ♥ **Single Homeless Project (SHP)** - offers services for young homeless people or those at risk of homelessness
- ♥ **Centre Point** - youth homelessness charity offering various services for homeless young people or those at risk of homelessness
- ♥ **The Disability Foundation** - low cost alternative therapies and counselling for disabled or chronically ill adult, children and their families
- ♥ **East London Out Project (ELOP)** – offers services for LGBTQ+ young people
- ♥ **Metro** - free counselling, group therapy, family therapy and trans youth group for young people aged 11-25, 8-24 sessions of counselling for adults, £5-40 depending on income
- ♥ **Islington Women Centre** - Free counselling and other services for lesbian, bisexual and trans women from refugee and minority ethnic backgrounds in London
- ♥ **The Albert Kennedy Trust** - offers services to LGBTQ+ people aged 16-25 who are homeless or at risk of homelessness
- ♥ **Consortium** - online directory of services including counselling and groups for LGBTQ+ people including services for young people under 30
- ♥ **Mermaids** - family and individual support for gender diverse and transgender children and families up to age 20, including helpline 0808 801 0400, forums and meetups
- ♥ **Stonewall** - information service and directory suitable for LGBTQ+ people as well as young people and parents

- ♥ **LGBT Jigsaw** - support for young people under 26 who are homeless or at risk of homelessness and LGBTQ+
- ♥ **Bipolar UK** - support for people with bipolar, 0333 323 3880, offers youth support for under 26's
- ♥ **No Panic** - offers youth hub helpline for 13-20 year olds 0330 606 1174
- ♥ **OCD Action** - Support for people with OCD with a dedicated OCD Youth platform for under 25s
- ♥ **Young Minds** - crisis text message service for young people in crisis, text YM to 85258, online support for young people and professionals working with young people, with a parents helpline, 0808 802 5544 (for children and young people up to age 25)
- ♥ **NSPCC** - Children's charity dedicated to ending child abuse and child cruelty. Message boards with other young people or online, email or phone chat with counsellors. Phone 0800 1111 for Childline for children up to age 19 (24-hour helpline) or 0808 800 5000 for adults concerned about a child (24-hour helpline). Support also available in BSL.
- ♥ **Beat**- support for people affected by eating disorders including web chat, helplines and support groups, phone 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)
- ♥ **Voice Collective** - support for children and young people who hear, see or sense things that others don't and their families including support groups and workshops

6 Couples

Some of the issue specific services listed below offer couples work. In most instances this has been stated if advertised but it can be worth enquiring directly with services.

- ♥ **The Tavistock Centre for Couple Relationships** - individual, couples, psychosexual and parents relationship counselling and psychotherapy, length of time to be decided, sliding costs according to income with no minimum fee. LGBTQ+ friendly
- ♥ **North London Group of Therapists** - individuals, couples, sex and relationship, group, family and child and adolescent therapy, some concessions offered
- ♥ **Relate** - relationship counselling and sex therapy, sliding scale according to income. LGBTQ+ friendly. Also offers telephone counselling, webcam counselling, and live chat
- ♥ **Connect counselling** - offers couples counselling for gay and bisexual men at low cost
- ♥ **The Arbours Association** - £60 per session
- ♥ **Highgate Counselling Centre** - Individual, couples and family or group counselling, sliding scale according to affordability, various languages available
- ♥ **Inner City Centre for Psychotherapy and Counselling** - scale of fees according to income
- ♥ **Terapia Consultancy** - couples and psychosexual work, sliding scale of fees
- ♥ **Philadelphia Institute** - couples therapy offered on sliding scale according to affordability
- ♥ **Psychosexual Service (NHS)** - works with people with sexual difficulties as individuals or couples, average of 6 sessions spaced several weeks apart, works with people from all cultural backgrounds and sexual orientations/gender presentations - referrals preferred
- ♥ **The Tavistock and Portman (NHS)** - couples therapy, referral by GP or professional involved
- ♥ **Marriage Care** - low cost relationship counselling and marriage preparation, donation according to affordability, length of time to be decided
- ♥ **CliniQ** - couple and group counselling for trans people and their partners, sex and relationship therapy, free or low cost
- ♥ **The Spark** - free, confidential relationship helpline and online chat service, 0808 802 2088

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Women's Services

All mental health services are equipped to deal with issues facing women, but some people may find specialised support helpful. Women have a right to request a female only therapist if preferred at all of the services listed in this document.

- ♥ **Free national domestic violence helpline** - open 24 hours a day/7 days a week- 0808 2000 247 24 run by Women's Aid and Refuge (can advise on any counselling they are offering), also offers culturally sensitive support, support around trafficking and modern slavery, can advise on services for BME women and young people can also call the line
- ♥ **Jewish Women's Aid** - free helpline and services for Jewish women affected by domestic violence including 16 sessions of free counselling, group work and complimentary therapies, person-centred counselling, helpline 0800 801 0500
- ♥ **Muslim Women's Helpline** - free helpline for Muslim women facing any issue- 0800 999 5786
- ♥ **Solace Women's Aid** - counselling, group work and holistic therapies for women who have survived gender based violence, free. Also offers children's and young people's support
- ♥ **Maya Centre** (part of **Accept Consortium**) - up to 24 sessions of psychodynamic counselling, now offering video counselling for those struggling to leave their homes, groups including survivors of sexual assault group and black women's group, specialist work with FGM survivors, complementary therapies and alternatives such as art therapy for women in receipt of any benefit, and living or working in Islington, free
- ♥ **Women's Trust**- up to 18 sessions of counselling, support groups, workshops (including art workshops with children) for women affected by domestic violence, free
- ♥ **IMECE Women's Centre** - 20 weeks for Turkish speaking women affected by gender based violence, plus groups offered, free, counselling

- ♥ **IKWRO** - Iranian and Kurdish Women's Rights Organisation- free counselling for women from Iranian and Kurdish backgrounds offered in several languages
- ♥ **LAWRS** - Latin American Women's Rights Service- counselling, psychotherapy, workshops and groups in Spanish and Portuguese for Latin American women, free
- ♥ **The Women's Consortium** - reasonably priced counselling for women, various counselling approaches
- ♥ **Southall Black Sisters** - counselling and other services including groups for BME women facing domestic or gender based violence. Minimum of 26 weekly sessions offered in English, Hindi and Urdu, free
- ♥ **Islington Women Centre** - Free counselling and other services for lesbian, bisexual and trans women from refugee and minority ethnic backgrounds in London
- ♥ **Women and Health** - some free and low cost counselling and psychotherapy and alternative therapies for women registered with a GP in Camden

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Perinatal Mental Health

- ♥ **PANDAS** - Online support and support groups for pre and post-natal depression
- ♥ **The Association for Post Natal Illness** - support for people facing post-natal illness, helpline 0207 386 0868
- ♥ Maternal OCD and the OCD charities listed at the bottom of this document offer support for people affected by perinatal OCD
- ♥ **Action on Postpartum Psychosis** - forum, peer support, online information for people affected by postpartum psychosis including partners
- ♥ **Cocoon family support** - peer support or low cost counselling for mothers and fathers affected by antenatal and postnatal mental health difficulties
- ♥ **Perinatal Mental health service (NHS)** - multidisciplinary service for women in the perinatal period - during pregnancy and up to 6 months after childbirth - who are experiencing mental health difficulties. Referral by GP, midwife or any professional involved in care

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Intercultural Services for BME Communities

Many services offer services in multiple languages and therapists from BME backgrounds. Where a service has explicitly stated this they have been included in this section but it is worth checking with other services to see what they offer. You have the right to request a therapist from a BME background if preferred. You can discuss anything that is bothering you at most services.

- ♥ **Derman** - for Kurdish, Turkish, Turkish Cypriot and Eastern European Turkish immigrants, asylum seekers and refugees. 6-12 sessions or ongoing groups, free
- ♥ **Immigrant Counselling and Psychotherapy (icap)** - free for survivors of Irish institutional abuse and low cost on sliding scale for people of Irish heritage, sees others for £30 per session minimum, different counselling and psychotherapy
- ♥ **IMECE Women's Centre** - 20 weeks for Turkish speaking women affected by gender based violence, groups offered, free, counselling
- ♥ **Islington Women Centre** - Free counselling and other services for lesbian, bisexual and trans women from refugee and minority ethnic backgrounds in London
- ♥ **Southall Black Sisters** - counselling and other services including groups for BME women facing domestic violence. Minimum of 26 weekly sessions offered in English, Hindi and Urdu
- ♥ **Nafsiyat Intercultural Therapy Centre (part of Accept Consortium)** - short term therapy offered for free in over 30 languages, open ended therapy £40-60 per session, intercultural therapy
- ♥ **The Refugee Therapy Centre** - individual, couple, family and group therapy, as well as child and adolescent psychotherapy for refugees and asylum seekers, many languages offered, different counselling and psychotherapy approaches offered, free
- ♥ **Baobab Centre** - non-residential therapeutic community offering various therapies and activities for child and adolescent asylum seekers up to age 24

- ♥ **Waterloo Community Counselling Service** - multiples languages as well as British Sign Language offered, free for asylum seekers and refugees, counselling on a sliding scale according to affordability
- ♥ **Maya Centre (part of Accept Consortium)** - Black Women's Group (and still I rise) and FGM specialist counselling for women in receipt of any benefit from Islington
- ♥ **Dahlia Project** - therapeutic support groups/services for women affected by FGM
- ♥ **EACH** - various therapy approaches offered for short or longer term work, some concessionary rates available, many languages offered and culturally sensitive with therapists from a range of backgrounds and cultures
- ♥ **Muslim Women's Helpline** - free helpline for Muslim women 0800 999 5786
- ♥ **IMECE Women's Centre** - 20 weeks for Turkish speaking women affected by gender based violence, pus groups offered, free, counselling
- ♥ **Raphael** - Jewish Counselling Service that offers some concessions and doesn't turn anyone away based on ability to pay, length of time to be decided, counselling
- ♥ **IKWRO** - Iranian and Kurdish Women's Rights Organisation- free counselling for women offered in several languages, 20 sessions
- ♥ **LAWRS** - Latin American Women's Rights Service- counselling, psychotherapy, workshops and groups in Spanish and Portuguese for Latin American women, free
- ♥ **Islington Women Centre** - Free counselling and other services for lesbian, bisexual and trans women from refugee and minority ethnic backgrounds in London
- ♥ **South London Family Centre** - initially set up for BME families, offers mediation, child contact centre and counselling, also offers couples counselling and free youth counselling service for ages 11-21
- ♥ **The Black and Asian Therapy Network** - listing of therapists that represent a range of different theoretical orientations and specialisms and are experienced in working with the distinctive African, Caribbean and South Asian experience
- ♥ **Chinese Mental Health Association** - free, subsidised or lows cost counselling in English, Cantonese or Mandarin in a service designed for the mandarin communities, length of treatment to be decided, various therapy available including family therapy

- ♥ **NAZ** - free and low cost therapy for BME people, 12 sessions, range of different types of therapy and languages available, very LGBTQ+ friendly with LGBTQ+ focussed counselling, various support groups including HIV
- ♥ **African Women's Care** - support for BME women affected by domestic violence, free
- ♥ **Nubian Users Forum** - Camden and Islington independent forum for African and African/Caribbean people who are using or have used mental health or substance abuse services
- ♥ **Imaan** - online support for LGBTQ+ Muslims
- ♥ **Free national domestic violence helpline** - open 24 hours a day/7 days a week- 0808 2000 247 24 run by Women's Aid and Refuge, also offers culturally sensitive support, and can advise on services for BME women
- ♥ **Jewish Women's Aid** - free helpline and services for Jewish women affected by domestic violence including 16 sessions of free counselling, group work and complimentary therapies, person-centred counselling, helpline 0800 801 0500
- ♥ **Highgate Counselling Centre** - Individual, couples, bereavement and family or group counselling, sliding scale according to affordability, 12 sessions up to 2 years, counselling, various languages offered
- ♥ **The Fairbridge Clinic @ Association for Group and Individual Psychotherapy** - Trainees and graduates offering low cost psychoanalytic psychotherapy (fees £8 - £25). You will normally be expected to attend the Clinic twice weekly for a minimum of two years, psychoanalytic. They allow new-born babies into sessions, and have therapists from different cultures and sexual orientations, and in various languages
- ♥ **The Camden Psychotherapy Unit** - free and low cost (based on affordability) psychoanalytic therapy, short or long term available up to 2 years, several languages
- ♥ **Outcome Project @ Islington Mind** -has specialist projects for LGBTQ+ refugee and asylum seekers and LGB women who have experienced domestic violence
- ♥ **The Awareness Centre** - low cost counselling service, £15-35 depending on income, multilingual counselling service offering over 30 languages, large range of psychotherapy and counselling approaches available, short term to open ended length

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LBGTQ+ Services

Many services offer LBGTQ+ specific therapy or therapists from LBGTQ+ backgrounds. Where a service has explicitly stated this they have been included in this section but it is worth checking with other services to see what they offer. You have the right to request a therapist from a LBGTQ+ background if preferred but not all services will have staff available. You can discuss anything that is bothering you at most services, it doesn't have to be specific to being LGBT etc.

- ♥ **Islington Mind** - short term counselling offer lesbian and gay counsellors at low cost
- ♥ **Outcome Project @ Islington Mind** - peer support groups, alternative therapies and psychotherapy, free. Also has specialist projects for LBGTQ+ refugee and asylum seekers and LGB women who have experienced domestic violence
- ♥ **Gender Identity Clinic (NHS)** - services for people over the age of 17 who are struggling with their gender identity, referrals by GP or another health professional
- ♥ **Connect counselling** - low cost on a sliding scale (£30-50) individual, group or couples counselling for gay and bisexual men, short and long term available
- ♥ **East London Out Project (ELOP)** - low cost sliding scale according to income, session blocks to be agreed that are either 14, 28 or 42 sessions, counselling, also offers services for young people
- ♥ **Gendered Intelligence** - projects and services including support groups for trans, non-binary or gender-questioning young people up to the age of 30
- ♥ **London friend** - free groups , counselling for 12 weeks for LBGTQ+ and questioning people, £40 per session with concessionary low cost places available on a sliding scale according to income.
- ♥ **LGBT Domestic Abuse Partnership** - free counselling for LBGTQ+ survivors of domestic violence

- ♥ **Metro** - free counselling, group therapy, family therapy and trans youth group for young people aged 11-25, 8-24 sessions of counselling for adults, £5-40 depending on income
- ♥ **Pink Therapy** - An online directory of therapists of all sexualities and gender identities who work with gender and sexual diversity clients across the LGBTIQ spectrum from a non-judgmental standpoint, some may offer reduced rates
- ♥ **Spectra** - counselling for trans, non-binary or gender questioning people as well as groups and workshops, free
- ♥ **NAZ** - free and low cost therapy for BME people, 12 sessions, range of different types of therapy and languages available, very LGBTQ+ friendly with LGBTQ+ focussed counselling
- ♥ **Positive 21** - free group and one to one counselling for HIV positive gay, bisexual and MSM men
- ♥ **Albany Trust** - counselling and psychotherapy, short term or up to 2 years, individual or couples, sexual problems, some provision for low cost therapy with therapists in training £10-55, limited number of sessions in BSL
- ♥ **Islington Women Centre** - Free counselling and other services for lesbian, bisexual and trans women from refugee and minority ethnic backgrounds in London
- ♥ **The Albert Kennedy Trust** offers services to LGBTQ+ people aged 16-25 who are homeless or at risk of homelessness
- ♥ **CliniQ** - individual, couple and group counselling for trans people, their partners and friends, sex and relationship therapy, drug and alcohol support, alternative therapies, gender identity counselling, free or low cost
- ♥ **Imaan** - online support for LGBTQ+ Muslims
- ♥ **Consortium** - online directory of services including counselling and groups for LGBTQ+ people including services for young people under 30 and older people over 65, bisexual specific, BME specific etc.
- ♥ **National LGBT Domestic Abuse helpline** - 0800 999 5428, run by Galop

- ♥ **Galop** - services for LGBTQ+ people who have experienced hate crime, sexual violence or domestic abuse, or problems with police and criminal justice system, helpline 020 7704 2040
- ♥ **Switchboard** - The LGBTQ+ helpline, 0300 330 0630
- ♥ **Mermaids** - family and individual support for gender diverse and transgender children and families up to age 20, including helpline 0808 801 0400, forums and meetups
- ♥ **Friday/Monday** - service run by Terrence Higgins Trust for gay and bi men worried about sex and drugs
- ♥ **Stonewall** - information service and directory suitable for LGBTQ+ people as well as young people and parents
- ♥ **Beaumont Society** - lists some trans suitable counsellors and offers other services for trans people
- ♥ **Trans Unite** - nationwide list of gender variant support groups
- ♥ **LGBT Foundation** - advice support and information, helpline 0345 3 30 30 30
- ♥ **LGBT Jigsaw** - support for young people under 26 who are homeless or at risk of homelessness and LGBTQ+
- ♥ **The Open Barbers** operates an LGBTQ+ counselling service and LGBTQ+ massage therapy, offered on a sliding scale according to affordability
- ♥ **Stonewall Housing** - offers housing advice and supports homeless LGBTQ+ people, joint operates a LGBTQ+ homeless hostel in London, helpline 020 7359 5767

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Abuse Services

(current and historical abuse including sexual assault and gang violence)

All mental health services are equipped to deal with issues such as abuse, but some people may find specialised support helpful.

- ♥ **One in Four** - trauma informed counselling for sexual abuse survivors on a sliding scale from £16-64, length of time to be decided, range of approaches available
- ♥ **Haven Network** - free support, counselling and groups for male and female survivors of sexual abuse/assault, gang member helpline and support
- ♥ **London Gang Exit @ Safer London** - London wide support for 16-24 year olds involved in gangs including counselling, free
- ♥ **Free national domestic violence helpline** open 24 hours a day/7 days a week- 0808 2000 247 24 run by Women's Aid and Refuge (can advise on any counselling they are offering), offers culturally sensitive support, and around trafficking and modern slavery, advise on services for BME women and young people can also call the line
- ♥ **Jewish Women's Aid** - free helpline and services for Jewish women affected by domestic violence including 16 sessions of free counselling, group work and complimentary therapies, person-centred counselling, helpline 0800 801 0500
- ♥ **Muslim Women's Helpline** - free helpline for Muslim women 0800 999 5786
- ♥ **Solace Women's Aid** - counselling, group work and holistic therapies for women who have survived gender based violence, free. Also children's & young people's support
- ♥ **Maya Centre (part of Accept Consortium)** - up to 24 sessions of psychodynamic counselling, & offering video counselling for those struggling to leave their homes, groups including survivors of sexual assault group and black women's group, specialist work with FGM survivors, complementary therapies and alternatives: art therapy for women in receipt of any benefit, and living or working in Islington, free
- ♥ **Women's Trust** - up to 18 sessions of counselling, support groups, workshops (incl art workshops with children) for women affected by domestic violence, free

- ♥ **IMECE Women's Centre** - 20 weeks for Turkish speaking women affected by gender based violence, plus groups offered, free, counselling
- ♥ **Islington Integrated Gangs Team** - support for 10-24 year olds affected by gangs with specialist support for young women also, free
- ♥ **The Havens** - support including counselling for anyone in London who has been sexually assaulted in the last 12 months, free
- ♥ **Survivors UK** - for male survivors of rape and sexual abuse, counselling from 12 sessions to a year, fees according to affordability from £5-60 per session
- ♥ **Into the Light** - counselling for adult survivors of sexual abuse and those who care for them, charged on a sliding scale, length of time to be decided
- ♥ **Aurora Foundation for People Abused in Childhood** - talking and bodywork therapies for adult, range of approaches, some concessionary rates available, length of time to be decided
- ♥ **The Survivors Trust helpline** - support for childhood abuse survivors- 0808 801 0818
- ♥ **Rape Crisis helpline** –for people who have been sexually assaulted- 0808 802 9999
- ♥ **National Association for People Abused in Childhood** - helpline 0808 801 0331
- ♥ **Southall Black Sisters** - counselling and other services including groups for BME women facing domestic or gender based violence. Minimum of 26 weekly sessions offered in English, Hindi and Urdu, free
- ♥ **The Salvation Army** - free support for victims of modern slavery including counselling and 24/7 confidential helpline, 0300 3038151
- ♥ **National LGBT Domestic Abuse helpline** - 0800 999 5428, run by Galop
- ♥ **Galop** - services for LGBTQ+ people who have experienced hate crime, sexual violence or domestic abuse, or problems with police and criminal justice system, helpline 020 7704 2040
- ♥ **Victim Support** - support for anyone who has been affected by crime, 24 hour helpline, 0808 168 9111

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Men's Services

All mental health services are equipped to deal with issues facing men, but some people may find specialised support helpful. Men can request male only therapists if preferred at most of the services listed in this document.

- ♥ **Everyman Project** - seven month therapeutic programme designed to support and challenge men to cease their violent and/or abusive behaviours, sliding scale from £10-50 per session, counselling followed by group therapy. Also offers a partners support programme including counselling
- ♥ **Survivors UK** - for male survivors of rape and sexual abuse, counselling from 12 sessions to a year, fees according to affordability from £5-60 per session, plus free online helpline
- ♥ **Campaign Against Living Miserably (CALM)** - support line for men who are suicidal or struggling in any way, 0808 802 5858
- ♥ **Men's Advice Line** - helpline for male victims of domestic violence, 0808 801 0327
- ♥ **Talk for Health** - free therapeutic talking programme for groups (similar to group therapy) teaching skills in open talking, communication and empathic listening, ongoing groups when the programme ends. Men's only programme offered

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Drug and Alcohol Services

Many services exclude people with active substance abuse issues so accessing a service listed below is necessary in the first instance. If a general service has explicitly said that they work with addiction they are listed here, if not it might be useful to get in touch and enquire.

- ♥ **Better Lives (NHS)** - Islington's integrated drug and alcohol support service offering a range of services including psychological therapies, self-referral or any professional can refer
- ♥ **Change, Grow, Live** - drug and alcohol support including psychological therapies, self or professional referral
- ♥ **Grip Club Drugs Service (NHS)** - treatment for those using club drugs problematically, self-referral or referral from any professional
- ♥ **Better Lives Family service (NHS)** - therapeutic support for children and families where a parent or carer uses drugs or alcohol as well as families, partners and friends affected by substance misuse, self-referral or professional referral
- ♥ **Al-anon** - support anyone affected by someone else's problematic drinking, 0800 0086 811
- ♥ **The Awareness Centre** - low cost counselling service offering addiction counselling, £15-35, short term to open ended length, self-referral
- ♥ **Frank** - honest information about drugs, helpline 0300 1236600, plus email and text service and online directory of drugs, their affects, support for those worried about themselves or someone else and local support services
- ♥ **Islington Young People's Drug and Alcohol Service** - free service for young people with drug and alcohol issues and families affected by this, 13-21 year olds
- ♥ **Friday/Monday** - service run by **Terrence Higgins Trust** for gay and bi men worried about sex and drugs
- ♥ **Narcotics Anonymous** - substance abuse support for users and those affected by their use, phone 0300 999 1212
- ♥ **Alcoholics Anonymous** - support for alcoholics & groups 0845 769 7555 (24-hour helpline)
- ♥ **Islington Mind** offers a therapy support groups for carers of those with dual diagnosis

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Gambling Services

- ♥ **Betknowmore** - counselling, therapy, mindfulness, psycho-education groups and other services for Islington residents affected by problem gambling, helpline 0800 066 4827, free
- ♥ **Gamcare** - live chat, chat rooms, support groups and free treatment for problem gamblers and their families and friends, free
- ♥ **Gamblers anonymous** - online support only for people struggling with gambling
- ♥ **National Gambling Helpline** - support for people affected by problem gambling, 0808 8020 133
- ♥ **Gordon Moody Association** - intensive residential treatment programmes for those most affected by problem gambling
- ♥ **CNWL National Problem Gambling Clinic (NHS)** - clinic treating problem gamblers over the age of 16, including support for couples and families affected by problem gambling

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Bereavement Services

- ♥ **Camden, City, Islington, Westminster Bereavement Service (CCIWBS)** - bereavement counselling, 12 weeks free or longer on a sliding scale £5-60 per session dependent on income
- ♥ **Survivors of Bereavement by Suicide** - support groups, email support, forum and helpline for people bereaved by suicide, 0300 111 5065
- ♥ **Caris Islington** - bereavement counselling offered to adults, young people and children, free
- ♥ **Cruse Bereavement Care** - nationwide free bereavement counselling services and a free helpline, email and website support, 0808 808 1677, also has a youth website and its services are open to young people
- ♥ **Bereavement Trust** - free helpline for support, 0800 435 455
- ♥ **Child Bereavement UK** - support to access counselling and other services where there is loss of a child or young person or where a child or young person up to age 25 is grieving, free helpline 0800 02 888 40
- ♥ **Grief Encounter** - various services including free helpline 0800 02 888 40, 6 sessions of free bereavement counselling for young people over 14, donation required for adults to use the service but no one will be turned away due to inability to pay
- ♥ **St Joseph's Hospice** - Offers free bereavement befriending and support group for people living in Islington or registered with an Islington GP
- ♥ **Highgate Counselling Centre** - Longer term bereavement counselling offered on a sliding scale according to affordability

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HIV Services

- ♥ **Terrence Higgins Trust** - offers various services for those living with HIV including groups, low cost complementary therapies and sliding scale short and long term counselling and psychotherapy or couples/group therapy for gay and bisexual men dealing with HIV. Free online counselling for people living with HIV. Also offers a free national helpline, 0808 802 1221
- ♥ **Body and Soul** - various services including therapies, group activities and complementary therapies for young people up to the age of 30 with HIV
- ♥ **Positive East** - free counselling and psychotherapy as well as other services such as groups for people living with HIV
- ♥ **Shapes** - 12 free sessions of counselling, hypnotherapy, art therapy or drama therapy for Camden and Islington residents living with HIV
- ♥ **NAZ** - free and low cost therapy for BME people, 12 sessions, range of different types of therapy and languages available, very LGBTQ+ friendly with LGBTQ+ focussed counselling, various support groups including HIV
- ♥ **Positive 21** - free group and one to one counselling for HIV positive gay, bisexual and MSM men

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Learning Difficulties

Please contact **Mencap** for a more exhaustive list of services available. The **PBMHT** may be able to advise on support available/ make referral for assessment, GP's can refer for assessment. Many of the services in this document will work with people with learning difficulties, enquire within

- ♥ **Mencap** - support for people with learning difficulties and their families, good information on website and helpline, 0808 808 1111
- ♥ **Islington Learning Disabilities Service (NHS)** - services for adults with learning difficulties and their carers
- ♥ **The Tavistock (NHS)** - offers talking therapy services for adults and children with learning difficulties
- ♥ **Islington Learning Disabilities Partnership** - support for adults with global learning difficulties
- ♥ **CAMHS** - for children with learning difficulties

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Autism Spectrum Disorders (ASD)

The **PBMHT** may be able to advise on support available/ make referral for assessment, GP's can refer for assessment. Many of the services in this document will work with people with learning difficulties, enquire within

- ♥ **National Autistic Society** has a guide on counselling and a directory of suitable counsellors, helpline 0808 800 4104
- ♥ **The Tavistock (NHS)** - offers talking therapy services for adults and children with ASD
- ♥ **Action for Asperger's** - low cost phone/skype counselling for neurodiverse people and their families
- ♥ For children with ASD contact CAMHS

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Homelessness Services

Single Homeless Project (SHP)- services for homeless people or those at risk of homelessness and other marginalised groups such as people with substance abuse issues, those just leaving inpatient mental health care or excluded from other services, young people, offenders and refugees

- ♥ **Evolve** - 6-12 sessions of free counselling for homeless people, CBT or Gestalt
- ♥ **Central London Community Healthcare, Homeless Health (NHS)** - walk in offering services such as counselling for homeless people
- ♥ **Crisis** - drop in mental health sessions and counselling for homeless people
- ♥ **Centre Point** - youth homelessness charity offering various services for homeless young people or those at risk of homelessness
- ♥ **Mind Connect** (Part of **Alone in London/Depaul charity** which also offers services for young people who are homeless/at risk of homelessness or in crisis) - 6-12 counselling sessions for young people (any young person you do not have to be facing homelessness) aged 12-25, free
- ♥ **The Albert Kennedy Trust** offers services to LGBTQ+ people aged 16-25 who are homeless or at risk of homelessness
- ♥ **Jigsaw**- support for young people under 26 who are homeless or at risk of homelessness and LGBTQ+
- ♥ **Stonewall Housing** - offers housing advice and supports homeless LGBTQ+ people, joint operates a LGBTQ+ homeless hostel in London, helpline 020 7359 5767

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Disabilities/Ill Health

Most professionals should be trained to support people facing disability or chronic ill health but do enquire directly. Many hospitals or health care settings provide health psychology services- enquire with your doctor or clinician

- ♥ **The Disability Foundation** - low cost alternative therapies and counselling for disabled or chronically ill adult, children and their families
- ♥ **Expert Patient Programme (NHS)** - psychoeducation and support groups for people with various chronic health conditions, self or professional referral
- ♥ **Scope** - services including online support, support services and helpline for disabled people and their families, helpline 0808 800 3333
- ♥ **Sky Badger** - has some great guides to parental and family mental health when a child is disabled
- ♥ **The Brain Charity** - free services for people affected by neurological conditions including counselling, helpline 0800 008 6417

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Sign Language

Other services may have some provision if you enquire

- ♥ **Waterloo Community Counselling Service** - low cost counselling offered in BSL on a sliding scale according to income
- ♥ **Deaf for Deaf Psychotherapy and Counselling** - offers NHS and private services in BSL
- ♥ **Albany Trust** - LGBTQ+ counselling service has a small provision for BSL sessions, sliding scale £10-75, couples and individual available

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Older People

Older people can access any of the general services for counselling

- ♥ **Age UK** - support for older people and their families, free helpline 0800 055 6112, also offers befriending
- ♥ **Camden and Islington NHS Trust** offer specialist mental health services for older people
- ♥ **Third Age** - Free long term-psychodynamic counselling for over 50s who would otherwise be unable to afford it
- ♥ **Alzheimer's Society** - support around dementia for sufferers and anyone affected by dementia such as carers, phone 0300 222 1122
- ♥ **Silverline** - free 24 hour confidential helpline for older people aged 55 and over, 0800 4 70 80 90

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Carer's

Most professionals should have some experience working with carer's but do enquire. Online and phone counselling can also be a good option for counselling if you research

- ♥ **Islington Carer's Hub** - services including support groups for carers in Islington, as well as a dedicated service for young adult carer's aged 18-25
- ♥ **Carer's UK** - support for carer's, helpline 0808 808 7777
- ♥ **Family Action Islington and Camden Young Carers Service** - support for young carers and their families under 18
- ♥ **Flexible Breaks Fund** - Islington council grant that can be used to pay for counselling or wellbeing treatment
- ♥ **Carer's Trust** - good online information about accessing counselling
- ♥ **Islington Mind** - offers a programme and group therapy for mothers of children of any age with mental health issues and therapy groups for general carers and carers of those with dual- diagnosis mental health and substance abuse issues

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- ♥ **Step Change** offers a helpline and support for people struggling with debt including a support for people with mental health issues, free helpline 0800 138 1111

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Cancer Services

Most professionals should be trained to support people facing cancer but do enquire directly. Many hospitals or health care settings provide health psychology services- enquire with your doctor or clinician

- ♥ **Cherry Lodge Cancer care** - free counselling/hypnotherapy/complimentary therapies for Londoners at any stage of cancer journey
- ♥ **Breast Cancer Haven** - free counselling and large range of complimentary therapies for people living with breast cancer
- ♥ **Macmillan Cancer Support** - free phone line offering emotional support and can signpost you to counselling and complementary therapies, 0808 808 0000
- ♥ **Cancer Research UK** has a good online guide to finding a counsellor
- ♥ **Chai Cancer Care** offers free or donation based counselling, therapies and complementary therapies for anyone from the Jewish community affected by cancer including patients, their families and friends

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Crisis Services

In an emergency call 999 or attend your local A+E. If it is urgent but not life-threatening you can try and get an emergency appointment with your GP or call **111**

- ♥ **The Samaritans** - free, confidential phone line for people in crisis, 116 123
- ♥ **Papyrus** - free, confidential phone line for people under 35 in suicidal crisis, 0800 161 4141
- ♥ **Camden and Islington Crisis Team** - advise during working hours to contact the team responsible for your care if you are already a mental health service user and to get an emergency GP appointment if you are not. For urgent support outside of these hours or if this isn't accessible call 020 3317 6333, available 24 hours a day. You can self-refer or be referred by a professional for crisis resolution and home treatment team
- ♥ **Camden and Islington** operates a crisis house called **The Rivers Crisis House** - self referral or referral from GP or mental health team from 9am to 5pm
- ♥ **Camden and Islington** operates a crisis house for women called **Drayton Park Women's Crisis House** - self referral and referral from anyone in the community, 24 hours a day
- ♥ **Maytree** - a non NHS suicidal respite centre offering a one off stay of 4 nights/5 days for free
- ♥ **The Mix** - crisis messenger for young people under 26 in crisis, text THEMIX to 85258
- ♥ **Young Minds** - crisis text message service for young people under 25 in crisis, text YM to 85258

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Alternative Therapies

Many NHS services and London charities offer alternative therapies if you do your research

- ♥ **The Stress Project** offers low cost alternative therapies at their drop in sessions on Tuesday 10.30-1pm, £8 for a 30 minute session, or on Thursday 10.30-1.30pm, £8 for 30 minutes or £15 for one hour treatment, first come first serve. The Stress Project also offers a free mindfulness drop-in on Thursdays at 4pm and a low cost yoga session for £2 at the Old Fire Station on Wednesdays at 12.30pm
- ♥ **Alternative therapies** are offered free to members of **Outcome at Mind**
- ♥ **Alternative therapies** are offered free to members of **Body and Soul**
- ♥ **Spiral therapy centre** - concessions offered for shiatsu
- ♥ **Solace Women's Aid** offers some free complimentary therapy provision
- ♥ **Terrence Higgins Trust** Kings Cross office offer some low cost alternative therapies for those affected by HIV
- ♥ **Cherry Lodge Cancer care** - free complimentary therapies for Londoners at any stage of cancer journey
- ♥ **Breast Cancer Haven** - free range of complimentary therapies for people living with breast cancer
- ♥ **Chai Cancer Care** offers free or donation based complementary therapies for anyone from the Jewish community affected by cancer including patients, their families and friends
- ♥ **CliniQ** offers alternative therapies as part of their services for trans people, their partners and friends, free or low cost
- ♥ **The Open Barbers** operates an LGBTQ+ counselling service and LGBTQ+ massage therapy, offered on a sliding scale according to affordability

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Arts Therapies/Useful Activities

There are a wide range of services across Islington and London offering free arts workshops and courses including the **Islington Mind Community Centre** and **Claremont Project**, a navigator such as **Red Cross Navigators** or **Wellbeing Service** can signpost to such services. Some of the other listed services may offer art therapies as part of their programmes, do enquire. Various day centres operate in the community and can be found online

- ♥ **Key Changes** - a music recovery programme for musicians (beginner to professional) suffering from or recovering from mental health issues offering mentors, studio space etc., enquire re funding, can be accessed for free via care plan
- ♥ **Maya Centre** - offers some art and movement therapy provision for free
- ♥ **Studio upstairs** - arts programme/space, writing and performance for people suffering from or recovering from mental health issues. Funding for free via care plan
- ♥ **Core Arts** - various arts classes and workshops for people suffering from or recovering from mental health issues, enquire re funding, can be accessed for free via care plan
- ♥ **London Art Therapy Centre** - not low cost but may be through care plan
- ♥ **Institute for Arts in Therapy and Education** - Trainees and graduates offering low cost and full fee integrative arts psychotherapy
- ♥ **Art for Wellbeing (Holloway Neighbourhood Group and Clarion Futures)**- free classes including art and creative writing
- ♥ **The Stuart Low Trust** offers a range of activities for people in the community, especially those with mental ill health and isolation, offers lots of interesting talks and workshops including evenings and weekends
- ♥ **The Stress Project** offers various useful activities such as yoga, mindfulness and creative writing
- ♥ **Mind Community Project** offers various community activities for people struggling with mental health issues