**Low-Cost Counselling & Related Services**

The following is a list of [London-based counselling organisations](http://www.southeastlondoncounselling.org.uk/whoweare.htm) that offer low-cost counselling. It is not

comprehensive - there are other options to be found. Many organisations operate a means-related sliding scale of fees or ask for a donation. Some have a waiting list for concessionary places.

Overview of the services:

<http://www.southeastlondoncounselling.org.uk/lowcost.htm>

<https://freepsychotherapynetwork.com/organisations-offering-low-cost-psychotherapy/>

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| **SOUTHWARK** | **Lambeth & Southwark MIND** | To provide free, innovative, long-term services that empower and support everyone experiencing a mental health problem. The service is available to Lambeth and Southwark residents aged 18 and over who are experiencing difficulties with their mental health. Priority is given to people earning less than **£15k annually** or who are in receipt of benefits. | <https://selmind.org.uk/low-cost-counselling/> | Lambeth & Southwark Mind 4th Floor, 336 Brixton Road, London SW9 7AA  **Phone**: 020 8159 8355  **Email:** [generalenquiries@lambethandsouthwarkmind.org.uk](mailto:generalenquiries@lambethandsouthwarkmind.org.uk)  [GPS@lambethandsouthwarkmind.org.uk](mailto:GPS@lambethandsouthwarkmind.org.uk) | Waiting list is currently closed. |
| **Black River Counselling** | Provides up to 8 50 minute online counselling sessions for people from Black African/African-Caribbean heritage. | https://selmind.org.uk/black-river-counselling/ | Tel: 08081 963 007 | Waiting list is currently closed. |
| **Waterloo Community Counselling** | Low-cost counselling on a sliding scale according to income, from £10 per session.  Free Multi-Ethnic Counselling in a range of languages for refugees and asylum-seekers and members of BME communities.  Clients for the low-cost service must self-refer using our website. Please see our website for further details. | [www.waterloocc.co.uk](http://www.waterloocc.co.uk/) | Barley Mow Clinic  Frazier Street  SE1 7BD  **Phone**: 020 7928 3462  **Email**: [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk) | We are providing **remote** **and face-to-face** counselling via telephone and video-conferencing methods.  Clients need to self-refer [here](https://waterloocc.co.uk/lcs-referral-form/). |
| **Copleston Centre** | The Copleston Church and Community Centre provides one-to-one 50-minute face-to-face counselling and offer 16 sessions in total over a maximum of 20 weeks. Their counsellors do not currently provide online sessions and are currently available for sessions on Wednesday afternoons, Thursday mornings and afternoons and Friday afternoons only.  Fees are on a sliding scale. | https://www.coplestoncentre.org.uk/community-centre/mental-health-wellbeing-services/counselling-service | Copleston Centre, Copleston Road, Peckham SE15 4AN  **Centre**: 020 7732 3435  [admin@coplestoncentre.org.uk](mailto:administrator@coplestoncentre.org.uk)  **Church**: 07545 305798  [vicar@coplestoncentre.org.uk](mailto:vicar@coplestoncentre.org.uk) | Waiting list is currently closed.  To make a counselling appointment please telephone: 020 7732 3435 or email: [counselling@coplestoncentre.org.uk](mailto:%20counselling@coplestoncentre.org.uk) |
| **PANLONDON** | **The Albany Trust Centre** | Albany Trust is a specialist counselling and psychotherapy charity, focusing on a positive approach to sexuality and relationships. Fees on a sliding scale, some low-cost places.   * A low-cost clinic for people who are unemployed or on low income. * Longer-term one-to-one/individual psychodynamic counselling. * A couples counselling clinic focusing on conflicts around sex, gender and sexuality. * LGBT+ counselling: one-to-one; for couples; in groups. We also offer a limited number of sessions to the LGBT+ British Sign Language community. * Brief counselling for specific issues such as harmful sexual risk-taking. | https://www.albanytrust.org/therapyandfees | 293 Balham High Rd  London  SW1 7BE  **Phone**: 020 8767 1827  **Email**: [practicemanager@albanytrust.org](mailto:practicemanager@albanytrust.org)  **General Enquiries:** [Info@albanytrust.org](mailto:Info@albanytrust.org)  **Website**: [www.albanytrust.org.uk](http://www.albanytrust.org.uk) | **Opening Hours:**  Monday: 12pm–4pm  Tuesday: Closed  Wednesday: 12pm–4pm  Thursday: 12pm-4pm  Friday: 12pm–4pm  Our therapists see clients Monday - Saturday from 7am to 9pm.  We see clients from all over London, whether they **self**-**refer** or are **referred to us by their GP**. |
| **Balham Low-Cost Centre (Wandsworth Association of Psychotherapists)** | Our counselling can help with anxiety, depression, obsessions, phobias, bereavement, stress, obesity, sexual problems, relationship problems and personal development.  Fees for low-cost counselling, run by counsellors working towards qualification or post-qualification accreditation, usually range from £25 - £50 per weekly session depending on clients’ ability to pay and the time of the appointment. Fees for psychotherapy with fully qualified and more experienced therapists start from around £60 - £70 per weekly session. Our practitioners come from a variety of training backgrounds.  The Centre is usually open 8.00am to 9.00pm, Mondays to Thursdays, from 8am – 7pm on Fridays, and on Saturday mornings and afternoons, depending on the availability of practitioners. A counselling session lasts for 50 minutes.  Before a referral can be made for counselling or psychotherapy clients need to make an appointment for an assessment with one of our psychotherapists. An assessment lasts about 60 minutes and there will be a fee of £60.00. Occasionally we can offer a £35.00 low-cost assessment. | [www.wandsworthap.co.uk](http://www.wandsworthap.co.uk) | Wandsworth Association of Therapists  293a Balham Road  SW17  London  **Phone**: 020 8767 2828  **Email**: [info@wandsworthap.co.uk](mailto:info@wandsworthap.co.uk) | Monday to Friday: 8am - 9pm  Saturday: Mornings  At present we can probably offer an assessment within about 1-4 weeks. Following the initial assessment we do our best to allocate a counsellor as soon as we can. However, this depends on both clients’ time availability as well as the counsellor’s. |
| **Cassel Associate Counselling** | Discounted services (time limited) As our discounted services are provided by students the presenting issues cannot be complex to access this part of our service. From £15-£30 Counselling; CBT; REBT; art / creative therapy; relationship counselling from £25 Psychotherapy From £30 Group psychotherapy £100 / month for 11 months One-off consultations / single-session therapy Family work Fees depend on complexity of referral & length and type of post-qualifying experience of the practitioner. | https://www.casselassociates.org | [associates@casselassociates.org](mailto:associates@casselassociates.org) | Our services are currently provided by Zoom, face-to-face (depending on location) or telephone.  Working Hours:  8 am to 9 pm - Monday to Thursday inclusive  8 am to 6 pm - Friday  9 am to 5 pm - Saturday  Negotiable - Sunday  Our team is diverse and services can sometimes be provided in languages other than English.  Currently we provide services in Arabic, Bulgarian, Hungarian and Turkish. |
| **Centre 70 Counselling** | Low cost and free counselling service based in Lambeth and clients in Southwark. Fees for the initial assessment and ongoing counselling sessions are calculated on a sliding scale depending on overall household income, and individual circumstances. You will be expected to pay for missed or cancelled sessions, except for those cancelled by the therapist. There are a limited number of spaces available for free counselling, if you earn under £12,000 per year please contact us to find out if you are eligible for free counselling. | <http://www.counselling-centre70.org.uk> | 46 Knights Hill  West Norwood  SE27 0JD  London  **Phone:** 020 8670 2775  **Email:** [counselling@centre70.org.uk](mailto:counselling@centre70.org.uk) | Clients can self-referred or be referred by a professional by filling in the referral form available [here](https://centre70.org.uk/counselling/counselling-service/) and send it to  [counselling@centre70.org.uk](mailto:counselling@centre70.org.uk).  They offer counselling face to face in West Norwood; remote provision is limited. |
| **One Vision Counselling** | Offers low-cost counselling to people aged 16+; the assessment fee is £25 with treatment sessions £35 each. A reduced fee of £25 is available for low income earners and unemployed (evidence required). | https://onevisioncounselling.co.uk/fees-and-payments/ | One Vision Counselling Service. c/o Deptford Methodist Church 2nd Floor, 1 Creek Road Deptford, SE8 3BT  **Phone:** [**07833 636 432**](tel:07833636432)**/**[**0208 001 3818**](tel:02080013818)  **Email:** hello@onevisioncounselling.co.uk | Clients can self-refer by contacting the service via email or phone.  They also offer sessions in Spanish and Tamil through bilingual therapists.  The service normally offers 6-8 sessions; long-term therapy can be considered but fees are likely to increase. |
| **One in Four** | Supporting people who have experienced child sexual abuse and trauma. For clients without employment, the cost is £18 a session. For clients who are employed the cost is £25-£75 depending on income. The guide for fees is £1 for every £1,000 of income (i.e., £28,000 income, £28 a session). | <http://www.oneinfour.org.uk/counselling/> | 219 Bromley Road  Bellingham  SE6 2PG  London  **Phone**: 020 8697 2112 or 020 86978022 **Email**: [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk) | We are providing treatment **online**.  Clients need to book an initial assessment by completing this [online form](https://oneinfour.org.uk/contact-us/#form). |
| **The Centre for Better Health** | The Centre for Better Health offers a low-cost integrative counselling service that adheres to BACP guidelines.   * £5 per session for clients who are unemployed and receiving benefits or on state pension * £20 for those with an income under £20,000 per year   £40 for those with an income over £20,000 per year | [www.centreforbetterhealth.org.uk](http://www.centreforbetterhealth.org.uk/) | 1A Darnley Road  E9 6QH  London  **Phone:** 020 8985 3570  **Email**: [admin@centreforbetterhealth.org.uk](mailto:admin@centreforbetterhealth.org.uk) | Clients can self-refer by completing this [online form](https://www.centreforbetterhealth.org.uk/counselling-client2020).  We accept self-referrals from people across all London boroughs and their corresponding GP practices.  Sessions are offered mainly face-to-face. |
| **Inner City Centre** | Low-cost Counselling/Psychotherapy in the City and throughout London, operating on a sliding scale of fees.  The process involved in getting a psychotherapist through the ICC is the person makes contact with us either by the referrals email which is [referrals@icclondon.org](mailto:referrals@icclondon.org) or they can use the phone which is 020 7247 1589.  If they want to proceed they are offer an initial consultation to see why they want psychoanalytical psychotherapy, how it might help them and if it is the best therapy for them. This is always done on the phone. There is a fee they have to pay to the ICC for this. It is £50 or £25 if they are on benefits | [www.icclondon.org.uk/](http://www.icclondon.org.uk/) | Inner City Centre  St Margaret’s House  21 Old Ford Road  E2 9PL  **Phone**: 020 7247 1589  **Email**: [referrals@icclondon.org.uk](mailto:referrals@icclondon.org.uk) | The person must contact us themselves requesting psychoanalytical psychotherapy.  In private practice we do not hold waiting lists. If the client is suitable, they will be allocated to a therapist – if not, they will be contacted as there is no more the ICC can do. |
| **The Caravan Counselling** | The Caravan Drop-In and Counselling Service is a face to face and phone counselling service run by the charity CCPE (Centre for Counselling & Psychotherapy Education) in partnership with St James’s Church, Piccadilly, London. Counselling is offered by volunteers from CCPE who are undergoing professional training accredited by both BACP and UKCP.  The service is free but they may ask for a voluntary contribution towards the cost of your session, according to clients’ means. | [www.thecaravan.org.uk](http://www.thecaravan.org.uk) | A green caravan in the courtyard of St James’ Church, 197 Piccadilly, London, W1J 9LL. Open 7 days a week - 10am – 5pm. Mon and Tues – 10am – 7pm.  Telephone Counselling Service: 0207 183 1802 – Open 7 days a week from 10am – 7pm. | Clients are welcome to come and drop in and see a therapist at the Caravan when we are open. All therapists have to keep one hour free for a drop in and will always let someone knocking know the next free time. They may be free immediately or the client may have to wait an hour or so and there is a coffee shop nearby. We do not take bookings |
| The May Tree Sanctuary for the Suicidal | Maytree is currently offering email and telephone support between 8am and 8pm at the present time. Free for London Residents.  We are offering up to 5 weekly befriending calls. The calls are aimed to provide emotional support and where possible to help assist with signposting Information for ongoing support. We actively encourage callers and referrals from minority ethnic groups and LGBTQ+ communities and recognise how the experience of racism, homophobia and transphobia (along with other forms of violence and discrimination) contribute to mental health struggles and suicidal ideation. | [www.maytree.org.uk](http://www.maytree.org.uk/) | 72 Moray Road  Finsbury Park  N4 3LG  **Phone:** 020 7263 7070  **Email**: [maytree@maytree.org.uk](mailto:maytree@maytree.org.uk) | Waiting list is currently closed. |
| Parent Support: | Provides expert support and practical help, largely through the free parenting app, Baby Buddy. There is easy access to additional support, including the 24/7 Baby Buddy Emotional Support Helpline. | <https://www.bestbeginnings.org.uk/vision> | 10-18 Union Street, London, SE1 1SZ  **Telephone:** 020 7443 7895 |  |
| The Minster Centre | Low-cost Counselling and Psychotherapy Service. The fee for your initial consultation is £40 (if in employment) and £15 (if receiving benefits). The fees for following sessions are then based on your individual circumstances and will be discussed during your initial consultation. As a basic guideline we suggest that clients pay £1 for every £1000 they earn.  Please note – while we are still accepting referrals for therapy, due to an increasingly high demand for the service, it may take up to six months or longer for clients to start therapy with one of our senior students.  We endeavour to process applications in a timely manner, although the current waiting time for an initial assessment is approximately three months or more. | <https://www.minstercentre.ac.uk/therapy/#affordable_therapy> | 20 Lonsdale Road  Queen’s Park  NW6 6RD  London  **Direct Line**: 020 7644 6242  **Switchboard**: 020 7644 6240  **Email**: [counselling@minstercentre.org.uk](mailto:counselling@minstercentre.org.uk)  [valerie@minstercentre.ac.uk](mailto:valerie@minstercentre.ac.uk) | Due to continuing high demand for the service, there is currently a waiting list of six to eight weeks for an initial assessment. Following the assessment, you can expect to start therapy within one month. We are doing our best to process applications in a timely manner and appreciate your understanding. |
| St. Marylebone Healing & Counselling Centre | Christian based service with counselling and psychotherapy, any weekly counselling sessions offered here are negotiated according to your means on a scale from £15 to £80 per session. | <https://marylebone-hcc.org.uk> | 17 Marylebone Road  NW1 5LT  **Phone**: 020 7935 5066  **Email**: [parish@stmarylebone.org](mailto:parish@stmarylebone.org)  [healing@stmarylebone.org](mailto:healing@stmarylebone.org) | Clients need to request an initial consultation by completing this [online form](https://www.jotform.com/223272695838064). |
|  | The Good Mental Health company | Our low-fee counselling service in South East London has space for new clients. We see clients face-to-face in Elephant and Castle, and we also offer online counselling and psychotherapy sessions throughout the UK.  Sessions are weekly and charged £35 per session. | [www.thegoodmentalhealthcompany.com](http://www.thegoodmentalhealthcompany.com/) | Technopark, 90 London Road, London, SE1 6LN  **Email:** hello@thegoodmentalhealthcompany.com | New clients should refer themselves via the website by booking an assessment: <https://thegoodmentalhealthcompany.com/book-assessment> |
|  | Frontline19 | Frontline19 is a FREE independent, confidential and UK based nationwide servicedelivering psychological support to people working in NHS or frontline services e.g., emergency response teams, ambulance staff, social and care home workers, teaching staff etc.. | <https://www.frontline19.com/> | **Email:** [contact@frontline19.com](mailto:contact@frontline19.com" \t "_blank) |  |
|  | Dahlia Project | The Dahlia Project supports women and girls who are survivors of female genital mutilation. They offer a free counselling service including therapeutic support groups and individual counselling (also available online and via telephone.) | <https://www.dahliaproject.org> | **Email:** [dahlia@manorgardenscentre.org](mailto:dahlia@manorgardenscentre.org) | Clients can self-refer by calling 0207 281 9478, emailing [dahlia@manorgardenscentre.org](mailto:dahlia@manorgardenscentre.org), or completing the [referral form.](https://www.dahliaproject.org/access-our-services/) |
| **Training Centres that may be able to provide low-cost counselling and psychotherapy by students under supervision:** | | | | | |

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| **SOUTHWARK** | Guild of Psychotherapists | There is a sliding scale of charges ranging from £4 - £20 per session, with an initial consultation costing £7 - £25.    The Reduced Fee Clinic at the Guild of Psychotherapists provides psychotherapy sessions for up to two years, face-to- face at 47 Nelson Square. The first meeting is charged at £35. Thereafter the fee charged depends on your situation. We operate a sliding scale from a minimum of £5 per session. Once agreed, session fees are payable whether you attend or not. | [www.guildofpsychotherapists.org.uk](http://www.guildofpsychotherapists.org.uk/) | 47 Nelson Square  SE1 0QA  **Phone**: 020 7401 3260 (admin) or 020 7401 3370 (clinic)  **Email**: [clinic@guildofpsychotherapists.org.uk](mailto:clinic@guildofpsychotherapists.org.uk) | Call 020 7401 3260 or email [clinic@guildofpsychotherapists.org.uk](mailto:clinic@guildofpsychotherapists.org.uk) to arrange a first meeting. This lasts around 90 minutes and will give you a chance to explain what troubles you, and to ask any questions you may have. |
| Psychosynthesis & Education Trust | Counselling can be offered to those who cannot pay the full session fee and who are considered suitable to work with 2nd and 3rd year training counsellors supervised by the Trust. I  We accept referrals from anywhere, if your client is in need of low cost the fee per session is between £10-£40 per session, depending on their individual circumstances. Sessions are delivered face-to-face in their London Bridge premises or online.  The client is able to self-referral by completing an online registration fee and submitting a fee of £25.00. | [www.counsellingservice.org.uk/](http://www.counsellingservice.org.uk/) | 92-94 Tooley Street  London Brdige  SE1 2TH  **Phone**: 020 7403 7814  **Email**: [cservice@ptrust.org.uk](mailto:cservice@ptrust.org.uk)  [enquiries@ptrust.org.uk](mailto:enquiries@ptrust.org.uk) | Clients can self-refer themselves [online](https://psychosynthesistrust.org.uk/counselling-registration-form/). |
| **PANLONDON** | Institute of Family Therapy | At the Institute of Family Therapy we offer help to couples, families and other groups who are finding relationships problematic and would like the opportunity to explore and think about those issues together. Our definition of ‘family’ is wide and includes any group of people who feel they are in significant relationship with each other. This may include kinship relationships, friendship groups, fostering or adoption.  The therapy at IFT is delivered by trainees in their final years of training, and there are some cases that we are not suitable for because of this, therefore, we cannot accommodate cases with ongoing court proceedings, parental alienation and/or domestic violence.  Payment is on a sliding scale dependent of income. | <https://ift.org.uk/> | 1-4 Great Tower Street  EC3R 5AA  **Phone**: 020 7391 9150  **Email**: [info@ift.org.uk](mailto:info@ift.org.uk) | Please email us at therapy@ift.org.uk so that we can take your referral; although GPs and other health professionals can also refer. |
| **SOUTHWARK** | Relate | Relationship Counselling from local centres. The initial consultation is £87.  On-going appointments are means tested, maximum of £128.  The service is suitable for every kind of couple (e.g., married, living together, LGBTQI+, non-monogamous or anything in between). | [www.relate.org.uk](http://www.relate.org.uk/) | London Bridge Relate  Alpha House, 100 Borough High Street, London, SE1 1LB  **Phone**: 0845 456 1310  **Email:** [NatEnquiries@relate.org.uk](mailto:NatEnquiries@relate.org.uk) | Clients can self-refer online by booking an [initial consultation](https://relatebooking.as.me/RegistrationGA?_gl=1*ccwll8*_ga*MTMyMjEzMDI2NS4xNzE1NzYxMzY1*_ga_D7XTVFMT44*MTcxNTc2MTM2NS4xLjEuMTcxNTc2MTQ5Mi4xNC4wLjA.). |
| **PANLONDON** | The Awareness Centre | Their specialist counselling services include addiction, anger management, bereavement, children and adolescents, couples, eating disorders, family therapy, LGBTQ+ and sex & relationships.  Low-cost rate is usually £40 for people receiving benefits including working tax credit, receiving a state pension, registered disabled.  Provide face-to-face + online appointments, weekly for 50 minutes. | [www.theawarenesscentre.com](http://www.theawarenesscentre.com/) | 41 Abbeville Rd  Clapham Common  SW4 9JX  London  **Phone:** 020 8673 4545  **Email**: [info@theawarenesscentre.com](mailto:info@theawarenesscentre.com) | Monday to Friday: 07:00 – 22:00  Saturday: 09:00 – 17:30  Sunday: 10:00 – 14:00  To book an appointment you can call us on [020 8673 4545.](tel:020%208673%204545) |
| **General Lists of Counsellors and Psychotherapists by Area:** | | | | | |
|  | British Association for Behavioural & Cognitive Psychotherapies (BABCP) | Directory of all officially accredited CBT Therapists. | <http://www.cbtregisteruk.com/> |  |  |
|  | British Association for Counselling and Psychotherapy (BACP) | South London Counselling Directory, your local guide to confidential support. | [www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists) |  |  |
|  | United Kingdom Council for Psychotherapy (UKCP) |  | [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk/) |  |  |
| **Other services of interest:** | | | | | |
|  | Friends in Need | A free and supportive community for everyone affected by depression, so you don’t have to go through it alone. You can find new friends in your local area and online, so you’ll always have a safe and friendly space when you need it most. | <https://friendsinneed.co.uk/> |  |  |
|  | The listening place | The Listening Place offers a warm and welcoming environment; somewhere that individuals can talk openly about their feelings without being judged or being given advice. To provide those who feel life is no longer worth living with a safe place to come and talk freely and confidentially to warm, non-judgemental volunteers who are willing to engage with their feelings and support them through their darkest times. | [www.listeningplace.org.uk](http://www.listeningplace.org.uk) |  |  |
|  | Mind | An independent local charity working for the well-being of people in the boroughs of Lambeth and Southwark who are experiencing any kind of mental distress. They provide information and support, and campaign for better services. | <http://lambethandsouthwarkmind.org.uk/> |  |  |
|  | Solidarity in a crisis | Solidarity in a Crisis supports people in distress by providing out of hours emotional support over the phone and in person. The service is run by Peer Supporters who have their own experience of facing and overcoming crisis. | <https://certitude.london/what-we-do/solidarity-in-a-crisis> |  |  |