

Finding a Counsellor or Therapist

CONSULT WITH YOUR GP

Some GPs have counsellors working for their practice, so you can be referred. There may also be other NHS therapy services to which you can be referred, or in some cases self-refer.

Your GP will have information.

NHS TALKING THERAPIES

You can access talking therapies on the NHS.

A GP can refer you, or you can refer yourself directly to an NHS psychological therapies service (IAPT) without a referral from a GP.

www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling

LOCAL COUNSELLING AGENCIES

Some cities have their own voluntary sector counselling agency, which you can approach directly. There may be a waiting list and you may have to pay a fee according to your income.

LOWER COST COUNSELLING

You may self-refer to these counselling agencies

The most popular example of this is MIND

There may be a waiting list and the fee will be decided at assessment.

This is normally somewhere between £5.00 and £30.00 depending on the organisation.

PRIVATE COUNSELLING

This costs anything between £35.00 and £60.00 depending who you see and where you live. Some private counsellors are willing to offer low-fee places or negotiate a reduction of the fee. To find trained and qualified private counsellors in your home area, visit the following websites where you find appropriate information:

BACP - <https://www.bacp.co.uk/>

UKCP - <https://www.psychotherapy.org.uk/>

BPS - <https://www.bps.org.uk/>