



East London
NHS Foundation Trust

Low Cost Therapy Options

Alternative therapy services at low costs for CBT, Psychodynamic & others.

Tower Hamlets Psychological Therapies Service (PTS)

1st Floor, Burdett House
Mile End Hospital
Bancroft Road
London E1 4DG

Telephone: 020 8223 8075/8076
Website: <http://www.elft.nhs.uk>

Last Updated: 14/01/2022

Chair: Mark Lam

We care

We respect

Chief Executive: Paul Calaminus

We are inclusive



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There are possibilities to acquire low cost counselling and psychotherapy from £5 per session from organisations who train or accredit practitioners and run a low-fee clinic. These clinics will usually combine a commitment to offering therapy to people on low incomes or benefits with offering their students experience as part of their training. Though this often means seeing a student counsellor or psychotherapist, their work with you will be supervised by qualified and experienced practitioners.

If you are interested in long-term, intensive psychotherapy, you might consider applying to become a training client working with a trainee practitioner. This will usually involve a commitment to a minimum period of work, and possibly to more than one session a week. The fee is usually very low. You will usually be committing yourself to a particular school of psychotherapy.



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LOW COST COUNSELLING & PSYCHOTHERAPY OPTIONS

Association of Group and Individual Psychotherapy – Fairbridge Clinic

W: <https://agip.org.uk/>

T: 020 7272 7013

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.

Area: N19, North London

Arbours Association

W: <https://www.arboursassociation.org/psychotherapy/>

T: 07934 789692

E: info@arboursassociation.org

Low cost individual and group psychoanalytic psychotherapy for students and those on low income/benefits. The psychotherapy service therapists are based London wide for weekly therapy session. The fee for the initial consultation for individual psychotherapy is £60. Weekly therapy session fees at low cost are £30 to £45.

Area: North London, and other areas

The Association of Jungian Analysts

W: <https://www.jungiananalysts.org.uk/reduced-cost-analysis/>

T: 020 7794 8711

E: aja@dircon.co.uk

Network of trainees and graduates offering reduced fee Jungian analysis.

Area: Across the UK (look at their list of practitioners) but mainly London.

Centre For Freudian Analysis & Research (CFAR)

W: <http://www.cfar.org.uk/clinic.htm>

Trainees and qualified members offer low cost psychoanalysis (£5-£20). You will attend an assessment first, and then will attend analysis from one to five times per week.

Area: London

London Clinic of Psychoanalysis

W: <https://psychoanalysis.org.uk/iopa-clinics/low-fee-scheme>

T: 020 7563 5002

E: clinic@iopa.org.uk

Low cost intensive psychoanalysis with a trainee. Four to five times weekly. From £5 per session.

Area: London and UK

The Guild of Psychotherapists

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

T: 020 7401 3260 or

E: clinic@guildofpsychotherapists.org.uk

Trainees and graduates offering reduced fee analytic psychotherapy (1-2 times/week). Low fee clinic available to residents of Lambeth, Lewisham and Southwark at minimum fee of £5 on a sliding scale. Initial consultation is £35.

Area: Lewisham and Southwark

The Gestalt Centre

W: <https://gestaltcentre.co.uk/find-a-counsellor-or-therapist/> .

T: 020 7383 5610.

E: lowcost.therapy@gestaltcentre.org.uk

Senior trainees offering reduced fee Gestalt psychotherapy in central London (fees around £20-£40). Fees and durations of the therapy is arranged between therapist and client. Find our more about self-referral to the low-cost scheme.

Area: Central London

Psychosynthesis Trust

W: <https://psychosynthesistrust.org.uk/counselling/>

T: 020 7403 7814

Complete online registration questionnaire or call. Trainees (and some qualified therapists) offering low cost counselling/psychotherapy – £10-£40 per session depending on personal circumstances.

Area: Mainly London, but other areas possible

Highbury Counselling Centre

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

E: highburycounselling@wlm.org.uk

T: 020 7354 4791 or voicemail: 07903 629 520.

Graduates and Trainees offering individual Counselling/Psychotherapy, up to one year counselling contracts, reduced fee available for clients on low income/benefit. Sliding scale based on income if in employment.

Area: across London

Highgate Counselling Centre

W: <http://highgatecounselling.org.uk/fees-registration/>

T: 020 8883 5427

E: admin@highgatecounselling.org.uk

Individual, group, couple and family counselling, 21 years old +, fees decided by sliding scale depending on income. This is agreed between client and counsellor.

Area: Based in Muswell Hill, N. London

Centre for Better Health

www.centreforbetterhealth.org.uk/what-we-offer/counselling

T: 0208 9853570

Fees from £5 for those unemployed or claiming benefits, and then a sliding scale (max £40 per session).

Area: Hackney, London.

Community Counselling

W: <http://www.communitycounselling.org.uk/>

T: 07547 893 700 or 020 8524 9711

A group of committed, professionally qualified counsellors providing a low-cost high-quality service to anyone who would not otherwise be able to access counselling. Fees vary by income from £25 down to minimum of £10 a session.

Area: Based in East Ham (E. London)

Counselling Initiatives

W: <http://www.counselling-directory.org.uk/counsellors/counselling-initiatives>

T: 07963738813

No fees but Counselling Initiatives ask for a minimum of £12 a session to support the service and its overhead.

Area: Haringey, Twickenham, Ealing and Walthamstow

Ealing Abbey Counselling Service

W: <http://www.eacs.org.uk/index.shtml>

T: 020 8862 2164

E: counselling@eacs.org.uk

Low cost, sliding scale according to income, minimum payment from £5 up to £40. Initial assessment £10-£20.

Area: London and S.E.

Inner City Centre

W: <http://www.icclondon.org.uk/aboutpsychotherapy.asp>

T: 020 7247 1589

E: referrals@icclondon.org.uk

Low cost individual, couple and group counselling/psychotherapy. Administration fee of £30 after initial telephone discussion. Session fees are determined on a sliding scale with a system of 'fee bands'. This will be discussed with you at your initial discussion and your therapist and you will agree a fee at your first session.

Area: London

Waterloo Community Counselling

W: <https://www.waterloocc.co.uk/>

E: info@waterloocc.co.uk

Waterloo community counselling service offers therapeutic counselling to clients in any borough in London. Or complete the online form on their 'contact us' page. Fees from £10 per session (deposit for assessment) based on income and circumstances.

Area: Based in Waterloo, S London

Spiral Centre

W: <https://spiralcentre.org/>

T: 020 7607 4403

E: info@spiralcentre.org

Short and longer term holistic counselling and psychotherapy for those on benefits or limited income, self-referral. Fees start at £10 depending on circumstances, up to £50.

Area: based in N London (Islington).

Meetup

W: <https://www.meetup.com/>

This is a peer support network consisting of a wide range of groups, 'meet ups' etc, for those experiencing emotional, physical, social and or mental health issues. This also includes those working in the field of caring, carers (siblings, parents etc.) and for all interested in building a support network around them.

Area: across the UK – visit the website to find out more about what is available in your area.

Mind

W: <https://www.mithn.org.uk/>

Mind in Tower Hamlets and Newham (MITHN) aim to help people in our local communities to have better mental health and wellbeing and to live the best lives possible. They provide a range of services to meet local needs, including: Mental Health Support, Wellbeing Groups, Talking Therapies, Employment support, Advice and Information as well as Advocacy services.

Area: National but the local Mind covers Newham and Tower Hamlets

The Centre for Better Health

W: www.centreforbetterhealth.org.uk

T: 020 8985 3570

E: admin@centreforbetterhealth.org.uk

Fees: Offers a low cost integrative counselling service that adheres to BACP guidelines. Fees begin at £5 for unemployed and can range to £20 for employed persons.

Area: Hackney

Crossroads Counselling

W: www.crossroadscounselling.org

T: 020 8981 8388

E: info@crossroadscounselling.org

Fees: Crossroads offer affordable counselling for any adult who is resident or working in Tower Hamlets.

Area: Bethnal Green

LOW COST CBT OPTIONS

Balham Low Cost Centre

W: www.wandsworthap.co.uk

T: 020 8767 2828

E: info@wandsworthap.co.uk

The Wandsworth Association of Psychotherapists (WAP) is a network of professionally trained and experienced psychotherapists and counsellors working from different locations within the Borough of Wandsworth. We offer a variety of styles of psychotherapy and counselling by practitioners trained and qualified in these fields: integrative, psychodynamic, humanistic, psychoanalytic, and CBT.

Area: SW17

Cassel Centre

T: 020 8291 3436

E: graham@casselcentre.org

W: www.casselcentre.org

The CASSEL Centre provides counselling, psychotherapy, CBT and therapeutic social work services to adults, young people and children and we run a child contact centre for supervised, supported and hand-over contact.

Area: SE23

SPECIALIST/OTHER LOW COST THERAPY OPTIONS

Institute of Group Analysis

W: <https://www.groupanalysis.org/>

T: 0845 260 1780 or 020 7431 4431.

Network offering group psychotherapy. Some therapists offer reduced fee spaces by negotiation.

Area: Across UK.

Institute for Arts in Therapy and Education

W: <http://www.artspsychotherapy.org>

T: 020 7704 2534

E: info@artspsychotherapy.org

Trainees and graduates offering low cost and full fee integrative arts psychotherapy.

Tavistock Relationships

W: <https://www.tavistockrelationships.org/>

T: 020 7380 1960

Counselling for couples and individuals having difficulties in their relationships. Payment by contribution on and sliding scale, negotiable. £30 non-refundable deposit.

Also the Tavistock is offering spaces in the Relationship-Focused Group Therapy. Additionally they offer help with sexual problems, divorce & separation, free parenting and relationship support, are offering a brief intervention for 'life after lockdown' for those who are looking for short bursts of support following the challenges of living with Covid-19.

Area: London

Relate

W: <https://www.relatelnee.org.uk/>

There is a network of Relate Centres across the UK and a group of licensed local counsellors that provide face-to-face counselling and support. Relate also provide phone, email and Live Chat counselling so you can choose the support that works for you. The cost of the initial assessment is £67. The cost of ongoing sessions will be determined by your household income. There is a limited bursary fund for clients who cannot afford to pay the full cost.

Area: Local network is North east London

Woman's Trust

W: <https://womanstrust.org.uk/>

Provide specialist counselling for women by women; to help them address the complex psychological impact of different types of domestic. Provide a safe, non-judgemental environment where survivors can discuss their experiences; process their thoughts; and express their feelings with the help of our specially trained therapists. Provide individual counselling, group therapy and workshops.

Area: East London

BAATN (Black, African and Asian Therapy Network) - BAME free and low-cost counselling services

W: <https://www.baatn.org.uk/free-services/>

There are services available throughout the UK which offer free or low cost counselling specifically set up to serve the BAME community. Many of them are listed on the website above.

ELOP**W:** <http://www.elop.org>**T:** 020 8509 3898**E:** info@elop.org

"A holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, and our core services include counselling and young people's services. We can also offer training and consultancy for fellow professionals and those seeking to enhance their understanding of issues facing LGBT communities".

The Havens**W:** <http://www.thehavens.org.uk/>**T:** 020 3299 1599.

The Havens are specialist centres in London for those who have been raped or sexually assaulted, in the past 12 months. They can provide information regarding other services if the assault was more than 12 months ago. Women, men and children can all attend. Trained, experienced professionals can give you medical help and advice, counselling, practical and emotional support

Areas: London: Camberwell; Paddington; Whitechapel.

NAFSIYAT Intercultural Therapy**W:** www.nafsiyat.org.uk/index.php/therapy-via-referral/**T:** 020 7263 6947

Fees: Currently offer intercultural therapy to people living in the London boroughs of This therapy is short-term only, but available at no charge.

Area: Camden, Islington, Enfield and Haringey.

Muslim Bereavement Support Service**W:** <http://mbss.org.uk/home-page/>**T:** 020 3468 7333**E:** info@mbss.org.uk

This is a registered charity serving the Muslim community by supporting bereaved women who have lost a loved one, providing spiritual context to the bereavement support services.

Area: Ilford