

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

SCOPE OF THIS LIST

The following is a list of organizations, arranged alphabetically, which provide low-cost counselling, psychotherapy or other one-to-one support services in and near Barnet. This list does not include group therapy or befriending – for these other resources please see our **Barnet Depression Alliance: Other Sources of support** list.

Section 1 provides an **Alphabetical list of organisations**, briefly describing the support available from each one. For full details please contact the agencies directly. Please be aware that in some organisations, low-cost places are only available for those willing to be counselled by a trainee, usually under supervision by a trained therapist. Others provide reduced fees on a sliding scale according to income. There are a few organisations which provide totally free counselling, though there may be a waiting list to be seen at some of these, and for many of these there is a limited therapy duration. We have not included organisations we have been unable to verify, or which have received consistently poor reviews, and we have removed some which are no longer “low cost.” Some of these are listed under **Section 2, Services on hold and services removed from the main list.**

Section 3, Counselling regulatory bodies and registers of accredited members explains how counselling is regulated in the UK and provides information on the main regulatory bodies which also provide lists of accredited counsellors, including those who offer reduced fees. **Section 4** is a brief list of organisations which offer **counselling for specific groups or specific needs** to make it easier to find what you are looking for in the main list. And finally, **Section 5** provides a **Glossary of therapeutic approaches** – to help you understand counselling terminology.

SERVICE LEAFLETS

Please note, we have collected the service leaflets of many of these organisations which give more information about each one. Please do feel free to request a copy by email. In addition, we have a folder of service leaflets available for consultation only, at the monthly in-person, group meetings.

MATTHEW

We have added the moniker, “Matthew’s List” to this little directory, in honour of a former group member Matthew Delashmitt, who worked tirelessly on this list for many years, until his sudden and untimely death in 2018. He is very much missed, and this is our way of remembering him and all he contributed to our group.

Please note that this list is provided for information only. Barnet Depression Alliance cannot endorse or recommend any service, organisation or therapist.

CONTENTS

1. **Alphabetical List of Organizations** _____ Page 2
2. **Services “on hold” and services removed from the main list** _____ Page 17
3. **Counselling regulatory bodies and directories of accredited members** _____ Page 18
4. **Counselling services for specific conditions/needs or for specific groups** ____ Page 20
5. **Glossary of therapeutic approaches** _____ Page 22

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

1. ALPHABETICAL LIST OF ORGANIZATIONS

Name: **Anxiety UK**

Address: Nunes House, 447 Chester Rd, Old Trafford, Stretford, Manchester M16 9HA

Telephone: 0344 477 5774 (24-hour self-care Infoline)

Email: admin@anxietyuk.org.uk

Website: <https://www.anxietyuk.org.uk/>

Opening hours: Mon-Fri 9 am to 5:30 pm

Cost of service: Anxiety UK members receive discounted talking therapy. Fees are based on household income and start at £20 rising to £60. For details on fees please see the website.

Anxiety UK membership for individuals is £40 per year, student membership is £30 a year and for those on low income or in receipt of means tested benefits the ‘Be Kind’ membership is available for £20 a year. Full details on Anxiety UK membership along with information on the wide range of benefits available to members can be found on their website.

How to refer: Details on Anxiety UK’s self-referral therapy service and a link to apply can be found here:

<https://www.anxietyuk.org.uk/therapy-referrals/>

Referral criteria: : Full details on the eligibility criteria to access talking therapy through Anxiety UK can be found here: <https://www.anxietyuk.org.uk/frequently-asked-questions/>

Description of service: Anxiety UK is a registered charity in the UK offering a wide range of services including online therapy for anxiety, groups, courses, and a wealth of online resources. Anxiety UK offers access to five different types of talking therapy: Cognitive Behavioural Therapy (CBT), Hypnotherapy, Compassion Focused Therapy (CFT) and Eye Movement Desensitization and Reprocessing therapy (EMDR). Details of these can be found on their website along with a link to TherapGuide®, an interactive online tool that can help you understand what type of talking therapy may suit you best.

Qualifications of therapists/counsellors: Some therapists are fully qualified, and others may be still in training. You can request not to be allocated a trainee. All therapists are DBS checked and are members of a professional body – e.g. British Association for Counselling and Psychotherapy (BACP), the British Psychological Society (BPS), the National Counselling and Psychotherapy Society (NCS). You can see more detail of what qualifications are required to become an Anxiety UK therapist here:

<https://www.anxietyuk.org.uk/get-involved/become-an-anxiety-uk-approved-therapist/>

Accreditation of service and reviews: Online reviews at Google are mainly positive 4.5

Other notes: The Anxiety UK website offers a wealth of information and resources, much of which is low cost or free. The website also has Ask Anxia®, a chatbot that can provide answers to most common questions. Anxiety UK also offers a 1:1 confidential call with a friendly, experienced Anxiety UK advisor. Here you can receive personalised guidance, support, and signposting on anxiety. The ‘TAUK to us’ service costs £25, details can be found here: <https://www.anxietyuk.org.uk/get-help/tauk-to-us/> . For access to resources on the go, Anxiety UK also have the Anxia® app, available free on both Google Play and Apple app stores.

Name: **Association for Group and Individual Psychotherapy (AGIP): The Fairbridge Clinic**

Address: 1 Fairbridge Road, London, N19 3EW (nearest tube is Archway – a 5-minute walk)

Telephone: 020 7272 7013

Email: clinical@agip.org.uk

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

Opening hours: Mon-Fri 8am to 9pm

Cost of service: The Fairbridge Clinic provides low-fee psychoanalytic psychotherapy to those receiving state benefits. To be eligible for The Fairbridge Clinic a commitment of twice-weekly psychotherapy for a minimum of 2-years is required. Fees range between £10-£25 per session. You will be asked to commit to in-person psychotherapy and be prepared to see a training psychotherapist. The fee for the initial

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

assessment is £35.00. If you are unsure whether you qualify for the low-fee rate, please contact clinical@agip.org.uk for clarification.

There is also limited availability for a Concessionary Clinic for those on incomes between £25K and £35K with fees ranging from £26-£60 per session. The assessment fee for the Concessionary Clinic is £55.

How to refer: You can fill out a questionnaire on the website and send it by email to clinical@agip.org.uk

Referral criteria: Eligibility for The Fairbridge Clinic low-fee psychotherapy service is dependent on whether you are in receipt of benefits and for the Concessionary Clinic on your income.

Description of service: Twice weekly in person psychoanalytic psychotherapy for a minimum of 2 years.

Qualifications of therapists/counsellors: AGIP therapists are UK Council for Psychotherapy (UKCP) and Council for Psychoanalysis and Jungian Analysis (CPJA) registered.

Accreditation of service and reviews: All AGIP training courses are UKCP accredited.

Other notes: AGIP was established in 1974 and is a well-respected training organisation which offers psychoanalytic psychotherapy. If you do not qualify for The Fairbridge Clinic low fee psychotherapy service or the Concessionary Clinic, you can browse the clinic’s Therapist Directory which includes detailed members’ profiles on the website to find a therapist that may suit you, and some of them do offer sliding scale fees.

Name: Barnet Bereavement Service

Address: Friary House, Friary Park, London N20 0NR

Telephone: 0208 368 8880

Email: info@barnetbereavementservice.org.uk

Website: <https://www.barnetbereavementservice.org.uk/>

Opening hours: Mon -Thurs 10 am to 4 pm by appointment only

Cost of service: Free counselling (up to 12 sessions) face-to-face at Friary House venue or at St Stephens House, East End Road, N3, or via Zoom.

How to refer: Clients can self-refer – either contact via the website or by email requesting a referral form.

Referral criteria: For adults 18+ in Barnet who are struggling with bereavement. The service is unable to support anyone who is actively suicidal, or who has psychosis or personality disorder, significant substance abuse or severe PTSD. It is also unable to support anyone who is currently receiving counselling.

Description of service: *Our charity aims to support you through the painful experience of grief with care and compassion, and to slowly make steps towards coming to terms with this loss.*

Qualifications of therapists/counsellors: The therapist team includes both qualified therapists and trainees trained in person-centred, integrative and psychodynamic counselling.

Accreditation of service and reviews: This organization is a registered charity and has been in existence for over 40 years. It is also advertised on the Barnet Council website

Other notes There may be a waiting period for assessment.

Name: The Bowlby Centre

Address: No permanent address; uses rented rooms in Highbury

Telephone: 020 7700 5070

Email: admin@thebowlbycentre.org.uk

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

Opening hours: Mon-Fri 9:30 am -5 pm (telephone only)

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Cost of service: The Bowlby Centre offers a low-cost service to people on a low income called *The Blues Project*. The cost is £20 per session, i.e. £40 per week for two sessions, and therapists are usually located in London.

How to refer Applications by email only. There is a form available for download on the website. Following your application, you will be invited to an assessment interview at the centre. For full details of criteria and how to refer please see the website here: <https://thebowlbycentre.org.uk/locator/the-blues-project/>

Referral criteria: The Blues Project is for people aged over 18 who would not otherwise have access to psychotherapy because they are on benefits or a low income (under £30,000 per year). There is no upper age limit.

Description of service: Attachment-based psychotherapy (see page 22) recognizes the importance of relationships to human growth and development throughout life. Attachment based psychoanalytic psychotherapy focuses on the impact on the individual of attachment, separation and loss. The centre has developed expertise in areas which include trauma, dissociation, addiction and disability. The centre tries to match clients to the most suitable therapist for their needs.

Qualifications of therapists/counsellors: For the Blues Project the therapist will usually be either a trainee in weekly supervision, or (occasionally) a psychotherapist who has completed their training with The Bowlby Centre.

Accreditation of service and reviews: UKCP accredited. Bowlby Centre therapists undergo a 2- or 4-year training programme – for full details see the website.

Other notes: If you do not qualify for the Blues Service you can still have a look at the profiles of the Bowlby therapists on the website. Some of the therapists offer reduced or sliding scale fees.

Name: **Barnet Carers Centre**

Address: Global House, Ballards Lane, London, N12 8NP

Telephone: 0208 343 9698

Email: adultcarers@barnetcarers.org

Website: <https://barnetcarers.org/counselling-assessment/>

Opening hours: Mon-Fri 9am-5pm by appointment only

Cost of service: £12 per hour; If you are receiving Carers Allowance, the sessions are free.

How to refer: Self-refer via the website. You may need to register as a carer first. Registration is free.

Referral criteria: Must be a carer registered with Barnet Carers Centre

Description of service: Provides a low-cost counselling service to adult carers face-to-face or on Zoom. Nine sessions are offered. There is a waiting list. The service also provides mentoring and counselling to young carers aged 16-25.

Qualifications of therapists/counsellors: Not known

Accreditation of service and reviews: The service is a registered charity supported by Barnet Council. Barnet Carers Centre also conducts Carer Needs assessments on behalf of Barnet Social Services.

Other notes: We are including this service because we are aware that a lot of people who care for relatives and friends with depression also suffer from depression themselves.

Note: the above information has been obtained from the organization’s website. We got no reply to our request for verification.

Name: **British Psychotherapy Foundation**

Address: 37 Mapesbury Rd, London NW2 4HJ

Telephone: 020 8452 9823

Email: clinicalservices@bpf-psychotherapy.org.uk

Website: <https://www.britishpsychotherapyfoundation.org.uk/>

Opening hours: Mon-Fri 9am -5 pm

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Cost of service: There are two options for low-cost therapy – intensive 3 times a week (£10-£25 per session according to means) and less intensive one a week therapy (£30 to £50 per session according to means). However, there is a flat fee for processing your application of £30 and a fee for the initial assessment of £130.

How to refer: to find out more please contact Lisa Prendergast, Clinical Services Office Manager
Email: clinicalservices@bpf-psychotherapy.org.uk; Telephone: 020 3597 9404.

Caroline East, manager of once weekly psychodynamic and Jungian low fee psychotherapy scheme
Email: onceweeklytherapy@bpf-psychotherapy.org.uk; Telephone: 0203 761 6971

Full details of the application process is available on the website.

Referral criteria: The low fee service is subject to availability. You need to commit to 1 or 2 years of therapy in order to access the service.

Description of service: The British Psychotherapy Foundation is primarily a training organisation. However, it also offers, in addition to full cost therapy, a reduced fee scheme for psychotherapy – psychodynamic, psychoanalytic and Jungian therapy. This organization offers two types of low-cost therapy, but this does entail a commitment to stay in therapy for one year for the once-a-week therapy, or for two years with the 3-times-a-week therapy. As vacancies come up for the low-cost therapies they are listed on the website. They cover the whole of the UK, though in practice many are in and near London.

Qualifications of therapists/counsellors: Please see the therapists directory for details of individual qualifications: <https://www.britishpsychotherapyfoundation.org.uk/find-a-therapist/therapists/>

Accreditation of service and reviews: The British Psychotherapy Foundation is a Member Institution of the [British Psychoanalytic Council](#) (BPC).

Other notes: While this service is listed as low-cost as the individual sessions are reduced according to means, the fees for the application itself and the assessment are more expensive and non-refundable. The service also offers low-cost couples counselling for £20 to £50 per session, with a commitment to at least one year. Service leaflet is available – Barnet DA can email you a copy.

Name: CPPD Counselling School

Address: Unit 1-2 Palace Gates, The Campsbourne, Hornsey. London, N8 7PN

Telephone: 020 8341 4843

Email: counselling@cppd.co.uk

Website: <https://cppdlondon.com/>

Opening hours: Mon-Fri 10 am to 6 pm

Cost of service: Assessment interview is £50. The counselling sessions are charged on a sliding scale between £15 and £30 per session according to income.

How to refer: Email Ruth White at counselling@cppd.co.uk with a message asking for low-cost counselling and she will send you information regarding how to apply.

Referral criteria: Service is offered to adults with a low income or no income

Description of service: CPPD is one of the UK’s leading humanistic integrative counselling training schools. Its low-cost counselling service is provided by the school’s third year students who are fully supervised. All prospective clients are offered a 50-minute assessment interview to ascertain their needs and whether the service is appropriate. Once accepted, there may be a short wait for a counsellor to become available. Once matched, sessions are weekly for 50 minutes for up to 6 months. If at the end of counselling the counsellor feels longer-term therapy would be beneficial, they will help to arrange this. Please note that sessions are currently only offered online. *However, please note that there may be a possibility of face-to-face counselling for members of Barnet DA – in this instance please speak to Barnet DA group organizer first.*

Qualifications of therapists/counsellors: Counselling is provided by advanced trainee counsellors, who are British Association for Counselling and Psychotherapy (BACP) members in the third year of training, under the close supervision of qualified and experienced practitioners

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Accreditation of service and reviews: All counsellors are fully insured. The service is accredited by the BACP as well as the individual counsellors.

Other notes: We have had one member use this service and feedback was positive. Online reviews are generally positive but most of these refer to the training school rather than the counselling service.

Name: **Enfield Counselling Service**

Address: 1A London Road, Enfield, Middlesex, EN2 6BN

Telephone: 020 8367 2333

Email: info@enfieldcounselling.co.uk

Website: <https://enfieldcounselling.co.uk/>

Opening hours: Mon-Fri 9am to 5 pm

Cost of service: The fee for individual counselling is £45.00; however, a low-cost service is available for those on benefits or a low income, using a sliding scale to determine your level of contribution. The level of your contribution will be agreed at your assessment. There are also a limited number of free 50-minute assessments to those in financial hardship. These assessments take place during the day.

Please see the website for criteria for a free assessment - <https://enfieldcounselling.co.uk/counselling-assessments/>

How to refer: Download the counselling application form from the website or phone for more information.

Referral criteria: Adults and couple counselling. Reduced fee is dependent on income. Open to Enfield residents and residents in surrounding areas.

Description of service: The service treats a wide range of issues including depression, anger, anxiety, panic attacks, phobias, grief, bereavement, relationship problems, obsessive compulsive disorder, post-traumatic stress, stress including work stress, low self-esteem, pain and adjusting to changes in health. They offer psychodynamic individual and couple counselling, also CBT, and Short Term Brief Therapy.

Qualifications of therapists/counsellors: All counsellors are trained or are in training under close supervision. Many are British Association for Counselling and Psychotherapy (BACP) accredited, or working towards accreditation. They are all working within the BACP Ethical Framework.

Accreditation of service and reviews: The service is accredited by the British Association for Counselling and Psychotherapy (BACP) and is monitored by them annually.

Other notes: Enfield Counselling Service (ECS) was created in 1980 by an established group of counsellors and psychotherapists with the aim of offering affordable counselling and psychotherapy to residents in Enfield and surrounding areas. As a working counselling centre, ECS has a long tradition of developing clinical and training programmes in tandem. It has a continuing commitment to high standards of both practice and training, with theory and practice well integrated. ECS is also an accredited training centre for counselling. The service can provide counselling in different languages.

Name: **The Gestalt Centre**

Address: The Gestalt Centre, 15-23 St Pancras Way, LONDON, NW1 0PT (nearest station Kings Cross, Camden Town or Mornington Crescent – 10-minute walk)

Telephone: 020 7383 5610

Email: enquire@gestaltcentre.org.uk

Website: <https://gestaltcentre.org.uk/>

Opening hours: Mon -Fri 8:30 am to 5:30 pm.

Cost of service: Low-income scheme £25 to £50 per session; other therapists may offer concessions.

How to refer: To refer to the low-cost scheme please email therapy.scheme@gestaltcentre.org.uk

Referral criteria: Adults on a low income can refer to the low-cost scheme. There is also a full cost service available where individual therapists may offer sliding scale fees.

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Description of service: The Gestalt therapy scheme is provided by the centre’s senior trainees from the psychotherapy and counselling programme who are supervised by experienced practitioners. Whilst in their training, trainees offer individual weekly therapy at the Gestalt Centre at a reduced rate. Sessions are face-to-face but requests for online sessions will be considered. For more information on what Gestalt therapy actually is, please see the glossary in section 5.

Qualifications of therapists/counsellors: Therapists on the low-cost scheme are senior trainees

Accreditation of service and reviews: The centre is primarily a training provider of Gestalt therapy. It has been established for over 40 years and offers UK Council for Psychotherapy (UKCP) and British Association for Counselling and Psychotherapy (BACP) accredited professional training.

Other notes: This is the UK’s foremost provider of training in Gestalt: an enlightening and life-changing approach to counselling, psychotherapy and organisational development. Profiles of Gestalt psychotherapists who are fully trained and not on the low cost scheme are available on the website here:

<https://gestaltcentre.org.uk/register-of-psychotherapists/#london> and Gestalt Counsellors here:

<https://gestaltcentre.org.uk/directory-of-bacp-counsellors-profiles/> However, please note that as you scroll through these lists, you will find that some of the therapists also offer concessionary rates for students, people on a low income.

Note: the above information has been obtained from the organization’s website. We got no reply to our request for verification.

Name: Heart and Mind

Address: 7 Henrietta St, London WC2E 8PS

Telephone: No telephone number provided

Email: contact@heartandmind.london

Website: <https://www.heartandmind.london/>

Opening hours: Office: Mon-Fri 8 am to 5 pm; Counselling hours: Mon-Sat 7 am to 9 pm

Cost of service: Up to 12 low-cost sessions starting at £20 per session dependent on income. The sliding scale fees are listed on the website and range from £20 to £50.

How to refer: Contact via registration form on website. When accessing, choose either BOOK INITIAL CONSULTATION or BOOK LOW-COST POINTMENTS. You will see a list of slots currently available including online sessions; you choose a suitable time slot and pay for your initial consultation. You will get a booking reference which will be confirmed by email. After your initial session you can book additional consultations directly with the therapist.

Referral criteria: Service is for adults 18+. The low-cost counselling service is not suitable for those with a formal diagnosis of psychosis such as schizophrenia, bipolar affective disorder personality disorders or a recent admission to a psychiatric unit.

Description of service: Heart and Mind are a team of 40+ health care professionals working together to offer several tailor-made services - online or in person from one of their six sites in London, Covent Garden being the closest one to Barnet. The team can provide help and support for a range of issues such as relationship difficulties, depression, anxiety, panic attacks, addiction, sexual problems, bereavement, faith issues, work & life balance and personal development. The low-cost service is delivered by therapists in training. Many of the therapists are practicing Christians and the service works in partnership with several local churches and a theological college.

Qualifications of therapists/counsellors: Low-cost therapists are working towards their full professional qualification. Therapists work under regular clinical supervision and are members of professional bodies such as the British Association for Counselling and Psychotherapy (BACP) or the Association of Christians in Counselling UK (ACC).

Accreditation of service and reviews: Very positive Google reviews.

Other notes: You can browse the profiles of therapists online on the website under the FIND A THERAPIST TAB, to find out more about each therapist’s qualifications and interests. If you want to

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

book with a particular therapist, you need to use the regular service and not the low-cost service. The regular service is priced according to income and varies according to the therapist.

Name: Highgate Counselling Centre

Address: 58A Highgate High Street, London, N6 5HX

Telephone: 0208 883 5427

Email: admin@highgatecounselling.org.uk

Website: www.highgatecounselling.org.uk

Opening hours: Mon-Thur 9.30am-9.00pm; Fri-Sat 9.30am-12.00pm

Cost of service: There is a £65 fee for the initial consultation. For future counselling sessions contributions will be made on a sliding scale based on a client’s monthly income

How to refer: Either phone the service to arrange an initial consultation or submit a request through the website or by email under the *Contact Us* section of the website.

Referral criteria: None specified.

Description of service: Offers long- and short-term individual psychodynamic counselling. Short-term is a maximum of 12 sessions; long-term is a maximum of 2 years. It also offers individual bereavement counselling, couples counselling and family counselling.

Qualifications of therapists/counsellors: British Association for Counselling and Psychotherapy (BACP) or UK Council for Psychotherapy (UKCP) accredited counsellors who have undergone an enhanced DBS check.

Accreditation of service and reviews: Registered charity. Claims to be the longest serving counselling service in the UK. Runs a BACP accredited counselling training programme as well as delivering counselling.

Other notes: Can offer counselling in languages other than English. Service leaflet available to Barnet DA members.

Name: ICAP

Address: 96 Moray Road, London, N4 3LA

Telephone: 020 72727906

Email: info@icap.org.uk for general enquiries; clinicaladmin@icap.org.uk for referral forms.

Website: <https://www.icap.org.uk/>

Opening hours: Mon-Fri 9 am to 5 pm

Cost of service: the cost of your therapy will depend on your income. For example, if you are on benefits, you might contribute £3- £5 per session. If you are working, you will be asked to contribute in line with your annual income. The guideline used is £1 for every thousand pounds of annual income per session. For example, if your annual income is £20,000 per year, you would be asked to contribute £20 per session.

How to refer: Download a form from this link <https://www.icap.org.uk/get-help/> and send it to the email address given above. Once your application is received you will be phoned to discuss your needs, and if therapy is considered appropriate then you will be given an initial consultation to discuss this.

Referral criteria: Open to members of the Irish community

Description of service: ICAP is a charity offering counselling and psychotherapy for the Irish community in Britain. They provide accessible, culturally sensitive counselling and psychotherapy in a secure, confidential environment. They offer face-to-face therapy in London (Finsbury Park) for both individuals and groups. There is also the option for therapy via phone or via Zoom. Counselling may be brief, for example 6 weeks, or may extend to up to 2 years. Sessions are weekly for 50 minutes with the same therapist. The main model of therapy used is psychodynamic, though other approaches may be used such as mindfulness and art therapy.

Qualifications of therapists/counsellors: Not known

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Accreditation of service and reviews: Not known

Other notes: Apart from the centre in London, the service also has a nationwide network of therapists, who work specifically with Irish survivors of institutional childhood abuse and their families. The centre also runs therapy groups including a weekly online art group on a Mondays; a men’s group and several others which are listed on their website.

Note: the above information has been obtained from the organization’s website. We got no reply to our request for verification.

Name: **Institute of Psychoanalysis**

Address: Byron House, 112a Shirland Road, Maida Vale, London, W9 2BT (some appointments may be available elsewhere in London).

Telephone: Phone number not supplied

Email: clinic@iopa.org.uk

Website: <https://psychoanalysis.org.uk/>

Opening hours: Mon-Fri 7am to 7pm

Cost of service: The reduced fee for those on a lower income is £30 for the first appointment and £20 for the second appointment. For ongoing therapy of up to 4-5 times a week, fees can start as low as £5 per 50-minute session.

How to refer: Self-referral only – please email: clinic@iopa.org.uk

Referral criteria: Low fee scheme is available to those on a limited income.

Description of service: Psychoanalysis is offered only 5 times per week

Qualifications of therapists/counsellors: All clinicians are in the later stages of training at the Institute of Psychoanalysis

Accreditation of service and reviews: Service is regulated by the British Psychoanalytic Council (BPC).

Other notes: Useful website with a lot of information about psychoanalysis and how it can help with a range of mental health problems including depression.

Name: **James’ Place**

Address: 20 Bunhill Row, London EC1Y 8LP (there are also centres in Liverpool and Newcastle)

Telephone: 020 3488 8404

Email: london@jamesplace.org.uk

Website: <https://www.jamesplace.org.uk/>

Opening hours: 9:30 to 5:30 Mon-Fri by appointment only

Cost of service: The service is free

How to refer: Via referral form on website. Can self-refer or be referred by a friend or a professional. You can phone the service if you are unable to refer online. The service aims to respond to all referrals within 24 hours and a face-to-face meeting should be arranged within 48 hours.

Referral criteria: Men 18+ who are in suicidal crisis. By this we mean experiencing intense and distressing suicidal thoughts that you are at risk of acting on, and/or have recently tried to take your own life.

Description of service: James’ Place offers talking therapy to men who have arrived at a crisis point largely driven by life events such as a relationship breakdown, financial problems or bereavement. James’ Place does not offer longer-term mental health or psychotherapeutic support, but supports the person emotionally through the crisis period, helping them to access any longer-term support they may require via other services. Normally 6-8 one-to-one sessions are offered. After men have finished their treatment, they are signposted to longer-term support they may require. There is a team of volunteer mentors in London who offer support and encouragement to men who have used our service after their intervention has ended. The London centre also runs a peer support group every 2 weeks for men who

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

have completed the James’ Place intervention. This group runs for 6 months and offers a place for men to meet and discuss any challenges they have faced since leaving James’ Place, and to discuss coping strategies.

Qualifications of therapists/counsellors: The head of the centre is a UK Council for Psychotherapy (UKCP) accredited psychotherapist who leads a team of experienced and trained therapists.

Accreditation of service and reviews: James’ Place is independently evaluated using the Core Outcome model, which shows that all men who have attended James’ Place to date have experienced a clinically and statistically significant positive change.

Other notes: James’ Place was founded by Clare Milford Haven and Nick Wentworth-Stanley following the tragic death of their son James in 2006 who took his own life. He sought help for his anxiety and suicidal thoughts but didn’t find the urgent help he so desperately needed. Clare and Nick were determined to prevent other families from losing loved ones and set up James’ Place to provide support for men in suicidal crisis whose needs are not met by existing services.

Name: The Listening Place

Address: The Listening Place, 3rd floor Hunter Street Health Centre, 8 Hunter Street, London WC1N 1BN (Kings Cross is one of three locations, and the one nearest to Barnet. Tube station Kings Cross)

Telephone: 0203 906 7676

Email: referrals@listeningplace.org.uk

Website: <https://listeningplace.org.uk/>

Opening hours: Monday to Friday 9 am to 9 pm by appointment only

Cost of service: Service is free

How to refer: Self-referral – can phone or fill in self-referral form on website. There is also a form for someone to make a referral on a client’s behalf if the client has given consent. The service aims to respond to all referrals within 24 hours.

Referral criteria: The service is available to anyone aged 18 or over who feels suicidal and can attend regular appointments at one of three London sites (Kings Cross, Pimlico or Hammersmith).

Description of service: The service provides fortnightly sessions lasting 50 minutes based on principles of active listening and delivered by trained volunteers. Clients see the same volunteer each time so that they can build and sustain a trusting relationship. This is a short-term support service which offers 6 sessions over 3 months. At the final session a plan for future support will be discussed.

Qualifications of therapists/counsellors: All volunteers have been carefully selected and trained by The Listening Place (TLP), and ongoing training and supervision is delivered by experienced mental health professionals.

Accreditation of service and reviews: Volunteer counsellors receive training and supervision, and all have an enhanced DBS check. The website lists the mental health professional (advisory team) who support the volunteers.

Other notes: *Providing a space to talk openly and honestly about suicide is one of the most important things that can be done to support someone who feels life is no longer worth living. Our visitors know that TLP volunteers are comfortable talking about suicidal thoughts and feelings and that our service is completely confidential. Our sites are non-clinical and welcoming; they feel like warm, safe and supportive spaces. This allows visitors to feel secure speaking about every aspect of their distress and reflecting on their situations.*

Name: Manor House Centre for Psychotherapy and Counselling

Address: The Manor House Centre for Psychotherapy and Counselling, 80 East End Road, Finchley, London, N3 2SY (easy access by tube – nearest tube East Finchley or Finchley Central, bus and free local parking)

Telephone: 020 8371 0180

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Email: crsadmin@mhpcpc.org.uk (counselling enquiries)

Website: <https://www.manorhousecentre.org.uk/>

Opening hours: Mon-Thurs 9am to 9 pm (last counselling session at 8 pm).

Cost of service: All prospective clients are offered an initial assessment interview which lasts 1 ½ hours and costs £50 (low-cost rate of £20 for those who are unemployed or on benefits). Counselling sessions last 50 minutes and are charged on a sliding scale depending on the financial circumstances of the client – rates between £20 and £70 per hour.

How to refer: For the Counselling Service, contact Counselling Administrator, Agnieszka Majewska crsadmin@mhpcpc.org.uk . You can also fill out a referral form on the centre’s website.

Referral criteria: Service open to adults aged 18+

Description of service: The centre is a charity that provides long-term psychodynamic counselling to the local community. All sessions are delivered face-to-face.

Qualifications of therapists/counsellors: All counsellors are trainees at different stages of their training. They normally stay at the centre for a brief period post-graduation.

Accreditation of service and reviews: Manor House Centre also runs a counsellor training programme accredited by the British Association for Counselling and Psychotherapy (BACP) and by the British Psychoanalytic Council (BPC) and is also registered with both bodies.

Other notes: The Manor House Counselling Centre was established in 1985 and is celebrating its 40th year in 2025.

Name: Mind in Barnet and Enfield

Address: Barnet Office: 55 Christchurch Avenue, North Finchley, N12 0DG;

Enfield Office: 275 Fore Street, Edmonton, N9 0PD

Telephone: Barnet service: 020 8343 5700; Enfield service: 020 8906 7508

Email: barnetcounselling@mindeb.org.uk or enfieldcounselling@mindeb.org.uk

Website: <https://www.mindeb.org.uk/>

Opening hours: Mon – Thu 10 am – 9:30 pm; Fri 6 am- 9:30 pm; Sat 12 noon - 4:30 pm.

Cost of service: Free counselling except for the private Dove Counselling service which charges £60 per session – see *Other Notes* section below.

How to refer: You can self-refer, please contact 020 8343 5703 counselling@Mindinbarnet.org.uk . Alternatively, there is a referral form on the website.

Referral criteria: Mind in Barnet and Enfield offers counselling to adults experiencing common mental health symptoms such as mild to moderate depression and anxiety (max 8 sessions); Mind also oversees a separate free adult counselling service for autistic adults – see under *Resources for Autism* organisation entry.

Description of service: Mind offers psychological support for mild-moderate depression, mild anxiety, low self-esteem, mood changes, and loss. *You may be struggling with a specific problem, or you may not have any idea what the problem is but just have a sense that you are not feeling right. Coming to counselling may help you to gain better awareness and understanding of your current thoughts and feelings.*

Qualifications of therapists/counsellors: Not known.

Accreditation of service and reviews: Mind’s counselling service is BACP registered

Other notes: Dove Counselling Mind in Barnet also offers a private counselling service called Dove Counselling. Dove is a private Counselling and Psychotherapy service open to residents of Barnet and Enfield, delivered by qualified and experienced counsellors, who will support clients in open-ended therapy. The service offers weekly immediate 1:1 sessions face-to-face over the telephone and online. Each session lasts 50 minutes and costs £60. The initial assessment is charged at £30.

The service is available on Mondays 12 – 8pm and Tuesdays 12 – 9pm and Wednesday 12 – 7pm.

To make a referral please phone: **0208 343 5702** or email: Dove@mindeb.org.uk

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Note: the above information has been obtained from the organization’s website. We got no reply to our request for verification for Mind’s free counselling service. However, the Dove Service did reply to confirm their details.

Name: NHS Barnet Talking Therapies (formerly known as Let’s Talk or Barnet IAPT)

Address: 1st Floor Westgate house, Edgware Community Hospital, Edgware, London, HA8 0AD

Telephone: 0208 702 5309

Email: NLFT.barnettalkingtherapies@nhs.net

Website: <https://www.barnetandenfieldtalkingtherapies.nhs.uk/barnet/contact-us/>

Opening hours: Mon-Fri 8 am to 5 pm

Cost of service: The service is free

How to refer: You can self-refer (form on website or phone or email) or you can ask a professional to refer you – form is on the website.

Referral criteria: 16 years+, registered with a Barnet GP mild to moderate mental health issues e.g. depression and anxiety. Please note that Talking Therapies services are unable to provide therapy for people with significant issues of risk to self or others, or those with severe mental health or drug and alcohol problems.

Description of service: This service is time limited (usually about 10 sessions) and the therapeutic approach is Cognitive Behavioural (CBT). The sessions can be delivered in person at Edgware Hospital, Westgate House, a few are available at Finchley Memorial hospital or service can be provided by telephone or online. The service aims to respond to referrals within 2 weeks but there may be a delay due to the waiting list. Clients will receive an assessment prior to the commencement of sessions.

Qualifications of therapists/counsellors: IAPT practitioners are CBT-trained and DBS-checked

Accreditation of service and reviews: The service is registered with the CQC

Other notes: Short term, CBT-focused, only for mild to moderate depression.

Name: North London Therapy Practice (Low-cost therapy service)

Address: North London Therapy Practice, Sovereign House, 1 Albert Place, Ballards Lane, Finchley, N3 1QB. Sessions also delivered at: Golders Green Practice: 32b North End Road, Golders Green, London, NW11 7PT

Telephone: 020 8058 3831

Email: hello@lowcosttherapy.uk

Website: <https://www.lowcosttherapy.uk/> Main website at: <https://www.northlondon-therapy.co.uk/>

Opening hours: Monday to Sunday 7 am to 11 pm

Cost of service: First 20-minute assessment consultation is free and can be booked through the website. Low-cost sessions are available from £25 per session to £45 per session depending on income. The Low-Cost service is delivered by trainee counsellors.

How to refer: Referral link on website

Referral criteria: No specific criteria, but low-cost service is dependent on income.

Description of service: Self-described as a community-focused organisation dedicated to promoting mental well-being through compassionate, professional therapy services. The team includes qualified and trainee therapists and counsellors.

Qualifications of therapists/counsellors: All trainees work under the guidance of qualified and experienced supervisors. You can see profiles of all the counsellors including the trainees, on the main website – profiles include qualifications, therapeutic approaches, and fees. All therapists and trainees are members of the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP).

Accreditation of service and reviews: Google reviews are mainly positive.

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Other notes: The service also offers art therapy (drawing, painting, sculpture and collage) and couples counselling. Some therapists offer dance and movement therapy. They offer home visits though these are not low-cost. The clinical director of the service is Naomi Magnus.

Name: **Rephael House**

Address: 36b Woodhouse Road, North Finchley, London, N12 0RG

Telephone: 020 8440 9144

Email: esm@rephaelhouse.org.uk or use the enquiry form on the website.

Website: <https://www.rephaelhouse.org.uk/>

Opening hours: Mon-Thurs 9 am to 8 pm; Fri 9 am to 5 pm; Sat 10 am to 4 pm

Cost of service: The service offers a low-cost service (minimum £25 per session) to certain groups (see referral criteria below). All other adults are charged a flat fee of £55 per session.

How to refer: Self-referral (form on website) or referral by a professional is accepted.

Referral criteria: Low-cost service available to the following groups: young adults 18-25 and their parents; bereavement counselling; pregnancy crisis counselling including pregnancy loss; domestic violence counselling. Full cost service is available to all other adults.

Description of service: Once your referral form has been received you will be put on a waiting list. Wait time is up to 12 weeks. The initial session will be a discussion about what you want from therapy. If you do not get along with your therapist there is an opportunity to discuss this and to make a change after the first few sessions. Therapists at Rephael are trained in a variety of approaches including psychodynamic, integrative, person-centred, and humanistic. There is one drama and movement therapist.

Qualifications of therapists/counsellors: Mix of experienced and trainee therapists. All are members of the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP) or other equivalent governing body. Trainees are supervised by an experienced professional.

Accreditation of service and reviews: Rephael House is an organisational member of the BACP and is guided by their ethical framework.

Other notes: Descriptions of the team, their qualifications and therapeutic approach and specialties can be found here: <https://www.rephaelhouse.org.uk/MeetTheTeam>

Name: **Resources for Autism**

Address: 858 Finchley Road, London, NW11 6AB

Telephone: 020 8458 3259

Email: Mathilde Simmons msimmons@resourcesforautism.org.uk

Website: www.resourcesforautism.org.uk

Opening hours: Office hours: Mon-Fri 9 am to 5:30 pm. Counselling service is delivered on Mondays, Wednesdays and Thursdays.

Cost of service: £40 low cost; £60 full cost.

How to refer: Please email Mathilde Simmons with your initial enquiry.

Referral criteria: Service works with individuals over the age of 16 formally diagnosed or who self-identify as autistic and are willing and able to engage in talking therapy; and also with parents of autistic individuals. Service is not borough specific.

Description of service: Counselling is delivered face-to-face at Resources for Autism venue on Mondays and Thursdays and online via Teams on Wednesdays. For more information see: <https://www.resourcesforautism.org.uk/our-services/counselling/>

Qualifications of therapists/counsellors: Mathilde has been offering counselling sessions at Resources for Autism since 2020 and is a registered member of the British Association for Counselling

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

and Psychotherapy (BACP), with a level 6 diploma in Person-Centred Counselling. Mathilde identifies as autistic herself. For more details of this service please visit:

<https://www.counselling-directory.org.uk/counsellors/resources-for-autism>

<https://www.bacp.co.uk/therapists/396007/mathilde-simmons-caron/london-nw11>

<https://www.autism.org.uk/autism-services-directory/r/resources-for-autism-1>

Accreditation of service and reviews: BACP registered service

Other notes: Mathilde also facilitates face-to-face sharing groups *in an intimate and supportive space for up to 6 like-minded individuals who wish to connect and learn from one another’s experiences, celebrate what’s good, and gain inspiration to change what’s not.* Please inquire about Real Talk if you are interested.

Name: **Resources for Autism with Mind in Barnet & Enfield and Barnet Mencap**

Address: 858 Finchley Road, London, NW11 6AB / 55 Christchurch Avenue, North Finchley, N12 0DG

Telephone: 020 8343 5707

Email: admin@resourcesforautism.org.uk and t4a@mindeb.org.uk

Website: This service is provided by 2 local providers and Barnet Mencap. Here are the weblinks for them: Mind: <https://www.mindeb.org.uk/services-for-individuals/therapy/talking-therapy-for-autistic-adults-in-barnet-ttaa/> Resources for Autism <https://www.resourcesforautism.org.uk/our-services/counselling/>

Opening hours: Monday and Tuesday 10am-4pm

Cost of service: Free service – up to 16 sessions. There is also a paid service at Resources for Autism at £40 per session – see previous entry.

How to refer: Due to limited capacity, the free counselling service is only able to accept referrals from its partners Barnet Mencap and Resources for Autism and from professionals. This includes social worker, GP, Social Prescribing Link Worker etc. However, you can self-refer to the paid service run by Resources for Autism.

Referral criteria: Service is open to anyone 18 years+, living, studying or working in Barnet who has a diagnosis of autism (no learning disability except for ADHD, dyslexia and similar) and a mental health issue such as anxiety or depression. Excludes anyone in current crisis or with serious safeguarding issues, and clients need to be able to attend face-to-face or online sessions independently.

Description of service: Service offers 16 face-to-face or online free talking therapy sessions in Barnet on Mondays/Tuesdays between 10am – 4pm. The sessions are offered at two locations in Barnet: The Mind in Enfield and Barnet office (N12) and the Resources for Autism office (NW11). All counsellors are autism specialists and dedicated to providing effective counselling sessions to autistic adults.

Qualifications of therapists/counsellors: Not stated.

Accreditation of service and reviews: Reviews of the service provided at Resources for Autism are varied; however, there are no reviews of the actual counselling service available at the time of writing.

Other notes: There is no mention of this service on Barnet Mencap’s website although it is listed as involved in the service delivery alongside Mind and Resources for Autism.

Note: the above information has been obtained from the organizations’ websites. We got no reply to our request for verification.

Name: **The Spiral Centre**

Address: 2 Shelburne Road, London N7 6DL (nearest stations: Holloway Road, Finsbury Park, Highbury and Islington)

Telephone: 020 7607 4403

Email: enquiries@spiralcentre.org for therapy or info@spiralcentre.org for general information.

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

Opening hours: Mon-Fri 9am to 9pm (low-cost therapy between 9:30 am to 5 pm Mon- Fri).

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Cost of service: Fees are on a sliding scale between £11 and £60 per 50-minute session, depending on the client’s circumstances. Fees are subject to occasional small increases.

How to refer: Phone or email or use link on website for the low-cost service. For the regular private counselling service, email the counsellor directly. Please note that some of the counsellors also offer concessions based on income.

Referral criteria: Low-cost service open to adults on benefits or limited income.

Description of service: A holistic therapy centre in Islington, North London, offering counselling, psychotherapy and complementary therapy. The centre offers high quality, long term private and low-cost therapy. The therapists at Spiral share a vision of the interconnected nature of mind, body, heart and spirit. Please note that several of the therapists in training are required to tape record some or all of their sessions. No one will be required to have sessions recorded if they object, but it may mean a longer wait to see someone.

Qualifications of therapists/counsellors: All therapists, including trainees, are members of a relevant professional body, usually the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP). They all hold insurance and adhere to the code of practice of their professional organisations. Many have been qualified for between 5 and 20 years, others have qualified more recently, and some are in training on recognised diploma courses.

Accreditation of service and reviews: The therapists attached to the centre are all accredited by BACP or UKCP– but see each individual therapist profile for full details of qualifications and experience.

Other notes: Founded in 1995 as a healing and therapeutic space for clients and therapists. Spiral makes an ethical commitment to setting all fees on a reasonable scale. Unusually for a low-cost project, it is often possible to see a therapist for a year or more. Their team of therapists also includes experienced counsellors, psychotherapists and complementary therapists in private practice. Please note – if you are not on a low income, you can apply directly to the Spiral therapist using the Spiral directory *Find a therapist*. You can also use the directory to apply for Complementary Therapy. https://spiralcentre.org/find-a-therapist/?_therapy_type=private-counselling-psychotherapy You can view the profile of each therapist to find out more about their approach, qualifications, specific interests and their fees.

Name: St Marylebone Healing and Counselling Centre

Address: Marylebone Parish Church, 17 Marylebone Road, London, NW1 5LT (Nearest tube Baker Street or Regents Park).

Telephone: 020 7935 5066

Email: hcc@stmarylebone.org

Website: <http://www.stmarylebone.org>; Psychotherapy service: <https://marylebone-hcc.org.uk/psychotherapy/>

Opening hours: Sessions from 8am to 8 pm Mon-Fri. Office hours: 9:30 am to 5:30 pm Mon-Fri

Cost of service: Sliding scale according to income. Sessions start at £30 per 50-minute session. Initial assessment is charged separately at a slightly higher cost. There is a bursary fund for those who would find it difficult to pay even the reduced fees.

How to refer: Referral through the form available on the website. There is an initial consultation with an experienced psychotherapist which is 90 minute long and charged at a higher rate than the subsequent 50-minute therapy sessions. The assessment is to get to know the client’s needs and to help choose the most appropriate therapist match. Sessions can also be offered online or on the phone.

Referral criteria: None specified but the service is for adults 18+

Description of service: St Marylebone HCC offers individuals one session of psychotherapy each week for up to two years, but sometimes shorter periods are recommended, or group therapy may be offered when appropriate. There is also a specially tailored programme for young people between the ages of 18 and 25. St Marylebone HCC welcomes clients from all walks of life and of all faiths and no faith.

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Qualifications of therapists/counsellors: The service is delivered by a diverse team of psychotherapists who are highly experienced. The majority are fully qualified and either accredited or working towards accreditation by the British Association for Counselling and Psychotherapy (BACP) or are registered with the UK Council for Psychotherapy (UKCP) or the British Psychoanalytic Council (BPC). However, in an on-going commitment to the development of the profession and the future of St Marylebone HCC, a small number of honorary placements are offered to trainee psychotherapists who have been rigorously selected and are undertaking a highly professional training through The Society of Analytical Psychology.

Accreditation of service and reviews: established in 1987, the centre is a registered charity and works alongside an NHS GP surgery on the same premises.

Other notes: Apart from professional counselling and psychotherapy the centre also runs a mental health support group and offers spiritual direction and healing prayer. It also runs conferences about psychotherapy and spirituality and arts workshops. There is also a bereavement group. The mental health support group, *Making Sense*, is a drop-in group open to all offering companionship, refreshments and there is also a chance to speak to a priest if required. It is on every Friday between 11:30 am and 1 pm in the Howard de Walden Room at the church.

Name: Strides Highbury Counselling Centre (formerly West London Mission)

Address: 12 Woodfall Road, Finsbury Park, London N4 3JD

Telephone: No longer active. Please make contact by email or post.

Email: hcc@strides.org.uk

Website: <https://strides.org.uk/counselling/>

Opening hours: Mon-Fri 8am – 9 pm; Sat 9am – 4 pm

Cost of service: The service operates on a sliding-scale scheme in order to make the service accessible to people who would not otherwise be able to afford professional counselling and psychotherapy services. Your fee will be agreed with you at your initial assessment appointment, and the service aims to match their fees to their clients’ financial circumstances. The minimum fee is £20 for daytime sessions (8am – 5pm) and of £25 for evening sessions (6pm – 9pm)

How to refer: Email to request a self-referral form.

Referral criteria: open to any adult who can self-refer -- not restricted by postcode or diagnosis.

Description of service: The service offers “a confidential, accessible, and professional counselling service to adults in the community. We aim to offer our clients a space they can use to talk about a wide range of emotional issues such as anxiety, depression, loss, and other distressing life events.” Longer term therapy of up to a year is available. The service only offers individual counselling.

Qualifications of therapists/counsellors: therapists work with Strides HCC on an honorary basis as part of their professional clinical training. They are in the latter stages of well-regarded post-graduate and doctoral clinical trainings. All Counsellors and Psychotherapists, whether in-training or qualified, are registered with the relevant professional accrediting body such as the UK Council for Psychotherapy (UKCP), the British Association for Counselling and Psychotherapy (BACP), the National Counselling and Psychotherapy Society (NCPS) or the British Psychoanalytic Council (BPS) and receive regular in-house supervision. All supervisors are Psychodynamic Psychotherapists and Psychoanalysts who are registered/accredited with the UKCP, the BACP, NCPS and/or the BPC. The Head of Counselling, Stamatia Lorentzou, is a psychodynamic therapist, and is NCPS accredited and BACP registered. Hannah Joll is Clinical Manager. She is a UKCP Accredited Psychotherapist.

Accreditation of service and reviews: HCC is registered with and accredited by NCPS.

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

1. SERVICES “ON HOLD” AND SERVICES REMOVED FROM THE MAIN LIST

Please note that several services in our previous list have been removed from this current list for a variety of reasons including poor reviews! In addition, some services are currently on hold, and we will seek to reinstate them when they become available. Some are no longer low cost, though people may still want to access them at full cost.

The Disability Foundation (TDF) – this service which is based at the Royal National Orthopaedic Hospital in Stanmore is temporarily closed

Farsofone Counselling Service – located at Edgware Hospital for Farsi/Persian speakers. Service is currently full and cannot take on new patients. This will be reviewed in September 2025

Maytree House -- residential crisis house for those in suicidal distress which offers intensive one to one support. Planning to reopen later in 2025 but no date yet given.

Raphael Jewish Counselling service – this service was taken over by JAMI in 2023 and since then Jami has merged with Jewish Care. The service offers a time limited low-cost therapy to members of the Jewish community and those in dire financial need can access up to 6 free sessions after an assessment. There is a waiting list. If you are interested, please contact the service at talkingtherapies@jamiuk.org

Relate – no longer low cost. The reduced fee service is now £60 and the full fee service is £92. They also offer a mediation service.

Westminster Pastoral Foundation – this service has now closed.

2. COUNSELLING REGULATORY BODIES AND DIRECTORIES OF ACCREDITED MEMBERS

Are UK counsellors or psychotherapists regulated?

In the UK, neither "counsellor" nor "psychotherapist" are protected titles, meaning counselling and psychotherapy are not statutorily regulated, and anyone can call themselves a counsellor or psychotherapist. However, professional bodies like the British Association for Counselling and Psychotherapy (BACP) and the UK Council for Psychotherapy (UKCP) offer voluntary registers and set standards for training, ethics, and practice. These professional bodies have ethical codes and complaints procedures to ensure accountability and address concerns about practitioner conduct. Please note that in some cases a whole service may be accredited by a professional body (e.g. BACP) or just the individual counsellors. The absence of statutory regulation has led to the emergence of various professional bodies, each with its own standards, training requirements, and membership criteria. If you're looking for a counsellor, you should now only choose one on an Accredited Register which is also approved by the Professional Standards Authority.

Who accredits the professional bodies?

The Professional Standards Association (PSA) is an independent organisation, accountable to the UK Parliament. Its remit is to protect the public through work with organisations that register and regulate people working in health and social care. The professional bodies listed below are all accredited by the PSA. This is not an exhaustive list – there are at least eight PSA registered professional bodies covering counselling and psychotherapy in the UK.

Looking for an individual counsellor?

If you are interested in looking for an individual counsellor, the following professional bodies' directories of accredited members may be useful as everyone listed on them has had to reach certain standard. You will find that there are some individual counsellors who will offer low-cost counselling – usually on a sliding scale according to income. Also, many therapists offer a free initial consultation. Otherwise, most counsellors are now quite expensive – you are looking at anything from £60 to £150 per 50-minute session. All the professional bodies listed below are PSA accredited.

British Association for Counselling and Psychotherapy (BACP)

Professional body for counsellors and psychotherapists practicing in the UK. Provides a comprehensive list of BACP registered counsellors, giving details of therapists' fees, areas of interest, and therapeutic approach. Individual sections cover North London and Hertfordshire. The list is searchable online. Reduced or sliding scale fees are indicated in the entries where applicable. Please see: Therapist Directory at <https://www.bacp.co.uk/search/Therapists> to find a therapist. Or, if you want to check that a therapist is registered with them use their Search our Register feature at: <https://www.bacp.co.uk/search/Register> The UKCP is accredited by the PSA.

The National Counselling and Psychotherapy Society (NCPS)

holds an Accredited Register, meaning their register meets the standards set by the Professional Standards Authority (PSA). This accreditation signifies that the NCPS is committed to public protection, risk management, and maintaining high standards for counsellors on their register. For practitioners, being on the NCPS Accredited Register allows them to display the Accredited Register quality mark, demonstrating their commitment to these standards.

Key aspects of NCPS accreditation:

- **Public Protection:**

The NCPS, as an Accredited Register holder, demonstrates a commitment to public protection through its standards for registrants and its register's overall management.

- **Practitioner Standards:**

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

The NCPS sets standards for its registrants, including a Code of Ethics and specific education requirements.

- **Accredited Register Program:**

The NCPS register is accredited by the PSA, an independent body accountable to Parliament.

- **Quality Mark:**

Membership in the NCPS Accredited Register allows practitioners to use the Accredited Register quality mark, indicating they meet the PSA's rigorous standards.

- **Recognition:**

The NCPS is recognized by the NHS and other organizations as a provider of high-quality counselling services.

- **Course Accreditation:**

The [NCPS](#) also accredits training courses for counsellors, ensuring they meet the standards for producing safe, competent, and ethical practitioners.

- **Membership Categories:**

The NCPS has different membership categories for counsellors, including Accredited Registrant, Accredited Professional Registrant, and Senior Accredited Registrant, each with specific criteria.

- Accredited Register Programme & Regulation - NCPS

The NCPS holds a register of practitioners which is accredited by the Professional Standards Authority under its Accredited Regist...

UK Council for Psychotherapy (UKCP)

The UKCP also maintains a register of counsellors and psychotherapists which you can search. Directory can be found at <https://www.psychotherapy.org.uk/> UKCP is accredited by the PSA.

British Psychoanalytic Council (BPC) regulatory body for psychoanalysis. PSA accredited.

Association of Christian Counsellors

This is another professional body, accredited by the PSA which regulates Christian counsellors.

Some counsellors may be registered with more than one professional body.

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

3. COUNSELLING SERVICES FOR SPECIFIC CONDITIONS/ NEEDS OR FOR SPECIFIC GROUPS

This list includes some services which do not feature in the main list. All provide counselling for individuals who are struggling with depression/anxiety alongside other conditions or which cater to specific/needs or groups. It is also worth looking at the profiles of individual counsellors from the various services listed as you will find some counsellors specialise in very specific conditions/ concerns e.g. there are counsellors listed who specialise in boarding school trauma, affairs and betrayals, serious health conditions, eating disorders etc. We hope to expand this section in due course.

Alcohol and substance misuse: although not listed here, *Change Live Grow* does offer a counselling service to adults living in Barnet who have substance misuse issues alongside depression. Please see their website at:

<https://www.changegrowlive.org/barnet/adult-service#help>

The Bowlby Centre will also support clients struggling with addiction.

Alternative or complementary therapies alongside counselling: The Spiral Centre, The Disability Foundation (currently closed)

Anxiety: Anxiety UK

Art Therapy: ICAP, The North London Therapy Practice

Attachment issues (early relationships/trauma etc) The Bowlby Centre

Autism counselling: Mind in Enfield and Barnet, Resources for Autism, Barnet Mencap

Bereavement Counselling: Barnet Bereavement Service, Highgate counselling service, Rephael House, St Marylebone Healing Centre (bereavement group).

Carers: Barnet Carers Centre, Resources for Autism (autism carers)

Christian counselling: Heart and Mind (some Christian counsellors); St Marylebone Healing Centre

Couples counselling: Enfield Counselling Service, Highgate Counselling service, British Psychotherapy Foundation, North London Therapy Practice, Relate (see section 2).

Dance and Movement: North London Therapy Practice, Rephael House (limited)

Disability: Bowlby Centre, The Disability Foundation (currently closed see section 2)

Domestic Violence: Rephael House

Family counselling: Highgate Counselling Centre

Free Counselling: Barnet Bereavement Service, James’ Place, The Listening Place, Mind in Barnet and Enfield, NHS Barnet Talking Therapies (IAPT)

Home visits: North London Therapy Practice

Iranian (Farsi speaking) community: Farsaphone Counselling Service (currently on hold)

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Irish community counselling: ICAP

Jewish community counselling: JAMI (originally Raphael Counselling) – see section 2.

Pregnancy counselling including pregnancy loss: Rephael House

Suicidality support: James Place (men only), The Listening Place, Maytree house (possibly reopening later this year), The Samaritans

4. GLOSSARY OF THERAPEUTIC APPROACHES

For a more comprehensive list of therapeutic approaches, please visit <https://www.bacp.co.uk/about-therapy/types-of-therapy/> . This list focusses on only those therapy types which have been mentioned in the main list above.

Art/ Creative Therapy: Creative therapy includes a wide range of techniques which can help you find a way of expressing yourself beyond words or traditional talking therapies. It can include visual arts therapy, writing, sand play, dance movement therapy, drama therapy and music therapy. Therapists may use different approaches at different times to suit the needs of the client.

Creative therapists are psychological therapists who have arts-based experience and training in psychological interventions using drama, music or art to help clients communicate feelings and emotions.

Attachment based therapy

Attachment theory, developed by John Bowlby, posits that humans have an innate need for secure relationships and that early experiences with caregivers shape our ability to form healthy attachments later in life. Attachment-based therapy, rooted in attachment theory, aims to help individuals, couples, families, or groups understand and heal from the impact of early attachment experiences on their relationships and overall well-being. The goals of therapy are to help individuals recover from fractured family relationships, overcome the effects of negative early attachment difficulties, and improve current relationships by rebuilding trust, expressing emotions. This type of therapy may be particularly helpful for those who have experienced adoption, foster care, divorce, a mentally ill caregiver, an abusive caregiver, or other traumatic childhood experiences. It is also helpful for individuals struggling to form healthy relationships or experiencing anxiety, depression or other attachment issues.

Brief therapy See *Solution Focussed Brief therapy*

Cognitive behavioural therapy: CBT aims to help you change the way you think (cognitive) and what you do (behaviour). Rather than looking at past causes, it focuses on current problems and practical solutions to help you feel better now.

The way we think about situations affects the way we feel and behave. If we view a situation negatively, we may experience negative emotions and feelings which lead us to behave in an unhelpful way. Your therapist will help you identify and challenge any negative thinking so you can deal with situations better and behave in a more positive way

CBT can be helpful for depression, anxiety, stress, phobias, obsessions, eating disorders and managing long term conditions.

Compassion Focussed Therapy (CFT): Compassion Focused Therapy (CFT) is a therapeutic approach developed by Paul Gilbert that aims to help individuals develop compassion for themselves and others, particularly those struggling with shame and self-criticism, by addressing underlying emotional regulation systems.

Eye Movement Desensitization Therapy (EMDR): EMDR was developed to resolve symptoms resulting from disturbing and traumatic life experiences. It is particularly used in the treatment of post-traumatic stress disorder. EMDR is thought to imitate the psychological state that we enter when in rapid eye movement (REM) sleep. Studies show that when in REM sleep we can make new associations between things very rapidly. EMDR is designed to tap into this high-speed processing mode that we all have, helping the brain to process the unresolved memories and make them less distressing.

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

Existential therapy: Existential psychotherapy explores the inner conflict and anxiety people may experience when confronted with life's ultimate concerns, such as the inevitability of death, freedom and its responsibilities, isolation and meaninglessness.

Gestalt therapy. The name Gestalt is derived from the German for ‘whole’ or ‘pattern’. It looks at the individual as a whole, and within their surroundings, rather than breaking things into parts. Practitioners help you to focus on the here and now and your immediate thoughts, feelings and behaviour to better understand how you relate to others and to situations. It emphasizes self-awareness, self-acceptance, and personal growth. This can help you find a new, positive perspective on problems and bring about changes in your life. Gestalt therapy often includes acting out scenarios and dream recall, and is effective in treating issues such as anxiety, stress, addiction, tension and depression.

Humanistic: This approach focuses on the individual as a whole. It encourages people to think about their feelings and take responsibility for their thoughts and actions. The emphasis is on self-development and achieving your highest potential rather than on problematic behaviour. Person-centred therapy, Gestalt, existential therapy, solution-focused therapy and transactional analysis are all humanistic approaches.

Hypnotherapy: Hypnotherapy is a type of therapy that uses hypnosis to help treat certain mental and physical health conditions, change habits, or manage pain, by guiding individuals into a relaxed state where they are more open to suggestions.

Integrative: Integrative counselling looks at the whole person, considering your mental, physical and emotional needs. Your therapist will use techniques and tools from different modalities to tailor an individual approach for you. An integrative counsellor aims to build a trusting and non-judgmental relationship that helps you develop self-awareness. When you understand the causes of your concerns or triggers for your behaviour, you can confidently set goals and develop new behaviours to improve your satisfaction with life.

Jungian analysis: Also called analytical psychology, this is a psychoanalytic approach developed by Carl Jung. It aims to bring the conscious and unconscious into balance to help individuals become more balanced and whole. It looks at both the personal unconscious and the collective human unconscious, and can involve dream analysis, word associations and creative activities. Jungian therapy can be of benefit for a wide range of personal, emotional and behavioural issues. It can give you a better understanding of yourself and help you develop the skills and behaviours to manage your difficulties more effectively.

Person centred: Person-centred therapy, also known as Rogerian therapy or client-based therapy, is a type of talk therapy where the client takes the lead, and the therapist acts as a facilitator, listening without judgment and acknowledging the client's experience to help them become their own therapist. In this way, a person can reach their full potential and become their “true self”. To help you achieve self-actualisation, the person-centred therapist will offer:

- **unconditional positive regard** (UPR) – accepting and valuing you
- **congruence** - being honest and transparent in how they experience you and your world
- **empathic understanding** – seeing your viewpoint as if they were you

When you're attending counselling sessions with a person-centred counsellor, you'll be encouraged to bring your own issues to the session – the counselling is led by you and not directed by the counsellor.

Psychoanalysis: Psychoanalysis is a therapeutic method and theory developed by Sigmund Freud, explores the unconscious mind and its influence on behaviour and mental health, aiming to bring repressed thoughts and feelings into conscious awareness to facilitate personal growth and resolve

BARNET DEPRESSION ALLIANCE: LOW-COST COUNSELLING AND PSYCHOTHERAPY RESOURCES IN AND NEAR BARNET

“MATTHEW’S LIST” *

psychological issues. It posits that early childhood experiences and unresolved conflicts can shape personality and lead to psychological problems later in life. Psychoanalysis employs techniques like free association, dream analysis, and interpretation of transference to uncover unconscious material and promote insight. Psychoanalytic therapy is typically a long-term, intensive process that involves regular sessions with a trained psychoanalyst.

Psychoanalytic psychotherapy

It is a talking therapy based upon psychoanalytic thinking which seeks to understand the meaning in symptoms and patterns of behaviour. Through the structured relationship with the therapist, the patient can explore the underlying, less conscious causes of psychological distress and gain a greater understanding of the meaning of symptoms and patterns of behaviour. Deep-seated problems may be resolved within the setting of the therapy and the dynamic of the therapeutic relationship. Please note that while the terms "psychoanalysis" and "psychoanalytic psychotherapy" are often used interchangeably, psychoanalysis is a more intensive and longer-term form of therapy, while psychoanalytic psychotherapy is a broader, more flexible approach based on psychoanalytic principles.

Psychodynamic counselling: The psychodynamic approach is derived from psychoanalysis, but focuses on immediate problems to try to provide a quicker solution. It stresses the importance of the unconscious and past experience in shaping current behaviour. A therapist will aim to build an accepting and trusting relationship, encouraging you to talk about your childhood relationships with your parents and other significant people. It also uses similar techniques to psychotherapy, including free association, interpretation and especially transference, where feelings you experienced in previous significant relationships are projected onto the therapist.

Solution focussed brief therapy

This therapy promotes positive change rather than dwelling on past problems. Practitioners will encourage you to focus positively on what you do well, set goals and work out how to achieve them. Just three or four sessions may be beneficial.