

External Services for Vacation Periods

The Counselling Service at Bangor University is open during vacation periods. Details of our availability and the services we offer during these times is available on our website. For students returning home, we would suggest that you see your GP to explore service options in your area of residence. Your GP can refer you to counselling/psychotherapy services within the NHS and provide urgent medical/psychiatric attention and referral. It can be helpful to plan for this ahead of vacation periods, as waiting lists can sometimes be long. We hope the following links are helpful.

Private Counselling

We would always recommend that you ensure that any therapist you see is trained, qualified and accredited with a professional body. The following professional organisations provide registers of accredited counsellors and psychotherapists:

www.babcp.com British Association of Behavioural & Cognitive Psychotherapies

www.bacp.co.uk British Association of Counselling and Psychotherapy

www.bpc.org.uk British Psychoanalytic Council

www.britishpsychotherapyfoundation.org.uk British Psychotherapy Foundation

www.freepsychotherapynetwork.com The Free Psychotherapy Network

www.gestaltcentre.org.uk The Gestalt Centre

www.groupanalysis.org The Institute of Group Analysis

www.guildofpsychotherapists.org.uk The Guild of Psychotherapist

www.jungiananalysts.org.uk The Association of Jungian Analysts

www.psychotherapy.org.uk UK Council for Psychotherapy

We hope this guide to geographical services proves useful but please note, although we are trying to offer a range of contacts that are professional and dependable, we cannot offer any guarantee of this.

We try to keep these details up to date. However, things change and if you find that some contact details are no longer up to date, please let us know.

Please also let us know of any low cost therapy resources not listed here.

If you would like to offer any feedback on any of the resources listed here, we would also be very interested to hear from you.

Aberdeen

www.hope-counselling.org.uk Hope Counselling in Aberdeen

Bath and Bristol

www.otrbristol.org.uk Off the Record

www.womankindbristol.org.uk Womankind

www.focusbath.com Focus Counselling Bath

www.wessexcp.co.uk Wessex Counselling & Psychotherapy

www.bcpc.org.uk Bath Centre for Psychotherapy and Counselling
www.kinergy.org.uk Kinergy

Birmingham

www.cedarcounselling.co.uk Cedar Counselling
www.birminghamcounsellingservices.co.uk Birmingham Counselling Services

Cambridgeshire and Peterborough

www.centre33.org.uk Centre 33
www.choicescounselling.co.uk Choices Counselling
www.cogwheel.org.uk The Cogwheel Trust

Colchester

www.stockwellcentre.com The Stockwell Centre
www.essex.ac.uk/students/health-and-wellbeing/external-support.aspx

Cornwall

www.lgbtqyouthcornwall.co.uk Young and Yourself
www.cornwallft.nhs.uk/community-mental-health-services Cornwall NHS Trust – Community Mental Health Services

County Durham and Darlington

www.talkingchanges.org.uk Talking Changes

Dundee and Angus

www.insightcanhelp.co.uk Insight Counselling

Edinburgh

www.pfcounselling.org.uk PF Counselling Service
www.crossreach.org.uk/find-service/adults/counselling-for-adults Crossreach

Exeter

www.exeter.ac.uk/wellbeing/support/localandnationalservices University of Exeter – Local and national services
www.palacegatecounselling.org.uk Palace Gate Counselling Service

Glasgow

www.glasgowpsychology.co.uk First Psychology Glasgow
www.garnethillcentre.org.uk The Garnethill Centre

Kent

www.kent.gov.uk/social-care-and-health/health/mental-health Kent County Council
www.affordablecounsellinggroup.co.uk Affordable Counselling Group
www.dovercc.org.uk Dover Counselling Centre
www.tonbridgecounsellingservice.co.uk Tonbridge Counselling Service
www.communitycounsellingservice.org.uk Community Counselling Service in Canterbury
www.counsellingfolkestone.co.uk The Counselling Centre Folkestone
www.southkentcounselling.co.uk South Kent Counselling & Psychotherapy
www.kcps.co.uk Kent Counselling and Psychotherapy Service in Maidstone
www.maidstone-counselling.co.uk Maidstone Counselling Centre
www.ashfordcounselling.org.uk Ashford Counselling Service
www.hernebaycounselling.com Herne Bay Counselling Service
www.sevenoakscounselling.org.uk Sevenoaks Counselling

Leicester

www.leicestercounsellingcentre.co.uk The Leicester Counselling Centre
www.rhcp.org.uk Rutland House Counselling & Psychotherapy
www.counsellingforwomen.org.uk Leicester Women's Counselling Centre

London

www.opendooronline.org Open Door in Haringey
www.equilibrium88.co.uk Wandsworth's Equilibrium Therapy Centre
www.rephaelhouse.org.uk Rephael House in New Barnet
www.sangamcentre.org.uk Sangam Association of Asian Women in North London
www.mentalhealthcamden.co.uk/whats-available Support and services in Camden
www.nafsiyat.org.uk Nafsiyat Intercultural Therapy Centre
www.southeastlondoncounselling.org.uk/lowcost.htm South east London low cost counselling list
www.careplace.org.uk/Services/2141/Ealing-Abbey-Counsel Ealing Abbey Counselling Service
www.positiveeast.org.uk Positive East
www.wimbledonguild.co.uk Wimbledon Guild
www.centreforbetterhealth.org.uk/what-we-offer/counselling Centre for Better Health
www.opendooronline.org Open Door
www.theawarenesscentre.com The Awareness Centre
www.wandsworthap.co.uk Wandsworth Association of Psychotherapists
www.waterloocc.co.uk Waterloo Community Counselling
www.highgatecounselling.org.uk Highgate Counselling Centre
www.freshstartpsychotherapy.co.uk Fresh Start Psychotherapy
www.communitycounselling.org.uk Community Counselling in East London
www.groupanalysis.org Institute of Group Analysis
www.guildofpsychotherapists.org.uk The Guild of Psychotherapist
www.cppdlondon.com CPPD Counselling School
www.metanoia.ac.uk Metanoia Counselling and Psychotherapy Service
www.iCope.nhs.uk Camden and Islington iCope

www.psychosynthesis.org The Institute Of Psychosynthesis
www.brandon-centre.org.uk The Brandon Centre
www.arboursassociation.org The Arbours Association
www.koan-psy.com The Koan Practice
www.icclondon.org.uk Inner City Centre
www.thebowlbycentre.org.uk/psychotherapywhy.htm The Bowlby Centre
www.tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services The Tavistock and Portman NHS Foundation Trust
www.arboursassociation.org The Arbours Association
www.agip.org.uk The Fairbridge Clinic (part of The Association for Group and Individual Psychotherapy)
www.offcentre.org.uk Off-Centre for City and Hackney residents
www.minstercentre.ac.uk The Minster Centre

Merseyside

www.compass-counselling.org.uk Compass Counselling
www.actualitycounselling.co.uk Actuality Counselling
www.listening-ear.co.uk Listening Ear

Newcastle & Tesside

www.counselling.northernguild.org/individual-therapy Northern Guild

Norwich

www.stbcc.org.uk St Barnabas Counselling Centre
www.norwichcentre.org/counselling-services.php The Norwich Centre
www.map.uk.net/get-help/mental-health-and-wellbeing MAP

Nottingham

www.nottinghamcounsellingcentre.org.uk Nottingham Counselling Service

Plymouth

www.plymouth.ac.uk/student-life/services/learning-gateway/counselling/local-support-services
University of Plymouth – Local support services

Portsmouth

www.ssj.org.uk/sub-service/all-saints-young-peoples-service All Saints Young People's Service
www.parc.org.uk Portsmouth Abuse and Rape Counselling Service
www.aquiliscounsellingservices.co.uk Aquilis Counselling Services

Scotland

www.cosca.org.uk Counselling & Psychotherapy in Scotland

www.southlanarkshire.gov.uk/adultprotection/site/service-directories.php South Lanarkshire -
List of resources

Teesside

www.tact-ltd.co.uk Therapy and Counselling Teesside

www.starfishhealthandwellbeing.co.uk/emotional-wellbeing-teesside-ewit Emotional
Wellbeing in Teesside – delivers IAPT programme in Teesside

Wales

www.wwcps.co.uk West Wales Counselling & Psychology Services

www.adleriansocietywales.org.uk Adlerian Society of Wales

www.hafal.org Hafal

www.parabl.org.uk Parabl Talking Therapies

www.cais.co.uk CAOS

www.welshwomensaid.org.uk Welsh Women's Aid

www.stepsstonesnorthwales.co.uk Stepping Stones North Wales

York

www.thetukecentre.org.uk The Tuke Centre

www.121counsellingyork.org 1-2-1 Counselling York

www.yorkwomenscounselling.org York Women's Counselling

National Organisations

www.insighthealthcare.org Insight Healthcare – provides free NHS talking therapy services at a
number of locations in England

www.mind.org.uk/information-support/local-minds Mind – Find your local Mind

www.beateatingdisorders.org.uk Beat – Eating disorders

www.thecalmzone.net CALM – Campaign Against Living Miserably – a movement against male
suicide

www.cruse.org.uk/get-help/local-services Cruse Bereavement Care – Local services

www.actionforme.org.uk/find-local-services Action for ME – Find local services

www.sane.org.uk SANE – support for mental health

www.victimsupport.org.uk/help-and-support/get-help/support-near-you Victim Support –
Support by areas

www.youngminds.org.uk YoungMinds

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