

External Services for Vacation Periods

The Counselling Service at Bangor University is open during vacation periods and 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 & psychotherapists:

www.babcp.com British Association of Behavioural & Cognitive Psychotherapies
www.Bacp.co.uk British Association of Counselling & Psychotherapy
www.bpc.org.uk British Psychoanalytic Council
www.britishpsychotherapyfoundation.org.uk British Psychotherapy Foundation
www.freepsychotherapynetwork.com Free Psychotherapy Network
www.gestaltcentre.co.uk Gestalt Centre
www.groupanalysis.org Institute of Group Analysis
www.guildofpsychotherapists.org.uk The Guild of Psychotherapist
www.jungiananalysts.org.uk 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 and keep these details up to date. However, things change and if you find that some contact details are no longer up to date, please contact us.

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.

Bath and Bristol

www.otrbristol.org.uk Off the Record
www.womankindbristol.org.uk Womankind
www.focusbath.com/ Focus Counselling Bath
www.wessexcounsellingservice.co.uk Wessex Counselling Service
www.bcpc.org.uk Bath Centre for Counselling & Psychotherapy
www.kinergy.org.uk Kinergy

Birmingham

www.cedarcounselling.co.uk/

birminghamcounsellingservices.co.uk/

Cambridgeshire

www.centre33.org.uk Centre 33

www.choicescounselling.co.uk Choices Counselling

www.cogwheel.org.uk The Cogwheel Trust

Colchester

www.stockwellcentre.com/

www.essex.ac.uk/students/health-and-wellbeing/external-support.aspx

Cornwall

www.lgbtqyouthcornwall.co.uk

www.meassociation.org.uk/

www.actionforme.org.uk/get-help/service-directory/c/cornwall-and-isles-of-scilly-chronic-fatigue

www.cruse.org.uk/Cornwall-area

www.cornwallft.nhs.uk/services/community-mental-health-services/eating-disorder-service/

www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west

County Durham and Darlington

www.talkingchanges.org.uk/

Exeter

www.exeter.ac.uk/wellbeing/self-help/

Glasgow

www.glasgowpsychology.co.uk/

Kent

www.kent.gov.uk/social-care-and-health/health/mental-health#

www.affordablecounsellinggroup.co.uk/index.html

www.dovercc.org.uk/

www.tonbridgecounsellingsservice.co.uk/

www.communitycounsellingsservice.org.uk/

Leicester

www.leicestercounsellingcentre.co.uk/

London

www.opendooronline.org/ Haringey

www.equilibrium88.co.uk/

www.rephaelhouse.org.uk/

www.beh-mht.nhs.uk/mental-health-service/mh-services/SAFE.htm

www.sangamcentre.org.uk Sangam Association of Asian Women

www.nafsiyat.org.uk/

www.southeastlondoncounselling.org.uk/lowcost.htm

www.careplace.org.uk/Services/2141/Ealing-Abbey-Counsel The Ealing Abbey Counselling Service

www.positiveeast.org.uk Positive East

www.wimbledonguild.co.uk/ The Wimbledon Guild

www.centreforbetterhealth.org.uk/what-we-offer/counselling The Centre for Better Health

<https://opendooronline.org/> Open Door

<https://theawarenesscentre.com/> The Awareness Centre

www.wandsworthap.co.uk Wandsworth Association of Psychotherapists

www.waterloocc.co.uk/Home.aspx Waterloo Community Centre

www.highgatecounselling.org.uk Highgate Counselling Centre

www.freshstartpsychotherapy.co.uk Fresh Start Psychotherapy

www.communitycounselling.org.uk Community Counselling

www.groupanalysis.org/ Institute of Group Analysis

www.guildofpsychotherapists.org.uk The Guild of Psychotherapists

www.cppd.co.uk CPPD (UK) Counselling School

www.metanoia.ac.uk Metanoia Counselling and Psychotherapy Service

www.iCope.nhs.uk Camden and Islington

www.psychosynthesis.org Institute Of Psychosynthesis

www.brandon-centre.org.uk Brandon Centre

www.arboursassociation.org Arbours Association

www.ipss-psychotherapy.org I.P.S.S

www.london-counselling-psychotherapy.co.uk The Koan Practice

www.icclondon.org.uk Inner City Centre

www.thebowlbycentre.org.uk/psychotherapy The Blues Project at The Bowlby Centre

www.tavistockandportman.nhs.uk Tavistock Centre

www.arboursassociation.org/index.html Arbours Association Psychotherapy Service

www.agip.org.uk The Fairbridge Clinic (part of AGIP)

www.offcentre.org.uk Off-Centre

www.minstercentre.ac.uk/ The Minster Centre

www.bbk.ac.uk/student-services/counselling-service/resources

Merseyside

www.compass-counselling.org.uk/

www.actualitycounselling.co.uk/resources_general.html

www.listening-ear.co.uk/

Newcastle & Tesside

counselling.northernguild.org/individual-therapy/

Norwich

www.stbcc.org.uk/

www.norwichcentre.org/counselling-services.php

www.map.uk.net/pages/local-organisations-that-can-help/

Nottingham

www.nottinghamcounsellingcentre.org.uk/

Plymouth

www.plymouth.ac.uk/student-life/services/learning-gateway/counselling/local-support-services

Portsmouth

<https://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/

www.insightcanhelp.co.uk/ Dundee

www.pfcounselling.org.uk/ Edinburgh

www.hope-counselling.org.uk/ Aberdeen

www.crossreach.org.uk/find-service/children-families/counselling Edinburgh

www.southlanarkshire.gov.uk/adultprotection/site/service-directories.php

Teesside

www.tact-ltd.co.uk/

Wales

<http://www.wcps.co.uk/> West Wales Counselling & Psychology Services

www.adleriansocietywales.org.uk/

www.hafal.org/

www.parabl.org.uk

www.cais.co.uk

www.welshwomensaid.org

www.steppingstonesnorthwales.co.uk

York

yorksurvivalguide.co.uk/

With thanks to Selina Patankar, University of Roehampton Student Counselling Service for collating this list of nationwide resources

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