



MEETING MINDS

www.bristolmind.org.uk

Offer one-to-one therapy for individuals over the age of 18 at an affordable rate dependent on disposable household income. Up to 4 months counselling can be offered with the possibility to extend this.

Service operates Tue, Wed and Thu between 9:30am and 6pm. Sessions last 50 mins.

Initial assessments cost £10, subsequent sessions are charged on a sliding scale from £30 to £15 dependent on ability to pay. In event of financial hardship consideration to what would be affordable can be discussed.

Telephone to book an initial assessment, or leave a voicemail and someone will call back at the earliest opportunity.

LGBTQ+ specific counselling is also available.

0117 980 0385 | counselling@bristolmind.org.uk

MINDLINE

Here to listen not to judge



Emotional support listening service for anyone who needs to talk. Offers a friendly ear, without trying to advise or tell you what to do next. Calls can last up to 30 minutes per evening and are taken by volunteers trained in telephone counselling skills. Open Wed-Sun nights, 8pm-midnight.

0808 808 0330

DISCLAIMER – This is a signposting tool, not a list of recommendations. We cannot provide quality control of external links, please be aware that the inclusion of any organisation/project's name (other than Bristol Mind and Meeting Minds) within the pages below should not be considered as a recommendation of that organisation, their products or services.

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Low-cost and Free Counselling – General

for couples counselling also see 'Relationship Issues'

- **1in4 PEOPLE**

Humanistic counselling service based in Clevedon and Weston-super-Mare. Fee ranges between £5 and £20 depending on personal circumstances

01934 622 292 | 1in4people.org.uk | nikki.perry@1in4people.org.uk

- **AFFORDABLE TALK**

Offers short and long-term low cost counselling, CBT and psychotherapy to individuals, couples and young people. Each counsellor specialises in a particular issue or a variety of issues.

Individual fees with qualified counsellor: £25 per 50 minute appointment

Individual fees with counsellor in training: £15 per 50 minute appointment

Couples fees with qualified counsellor: £40 per 50 minute appointment

07557 511 970 | www.affordable-talk.co.uk | bristolenquiries@affordable-talk.co.uk

- **AVON COUNSELLING AND PSYCHOTHERAPY SERVICE**

Individuals fees: standard £45 | subsidised fee £11 available to some clients

Couples fees: standard £60 | subsidised fee £21 available to some clients

0117 930 4447 | www.acps-bristol.org.uk | info@acps-bristol.org.uk

- **BRISTOL WELLBEING THERAPIES | formerly Lift Psychology**

Offer a range of courses and support for anyone experiencing psychological and emotional difficulties who registered with a GP in Bristol. Access to one-to-one assessments and counselling may be made through referral by GP or directly via the contact details below. Telephone between 8am-8pm Mon-Fri or complete contact form via website

0117 982 3209 | iapt-bristol.awp.nhs.uk

- **KNOWLE WEST HEALTH ASSOCIATION**

Free counselling offered by trained volunteers at the Knowle West Health Association premises, Filwood Broadway. The counsellors are on student placement and have been trained and professionally assessed to the standard required to be able to offer counselling to a client. Hour-long sessions held on Mondays by appointment only.

07340 079 316 | counsellingcoordinator@knowlewesthealthassoc.org.uk

- **NETWORK COUNSELLING**

Counselling service with a Christian ethos, for individuals or couples aged 16 or over. No fixed fees, suggested donation £25 per session

0117 950 7271 | www.network.org.uk | info@network.org.uk

- **NEW DAWN COUNSELLING SERVICE**

Affordable counselling to individuals aged 18 and over in Weston-super-Mare and Bridgwater. Fees are between £10 and £30 per session depending on income

01934 614 313 | newdawn-counselling.co.uk | newdawn-counselling@gmail.com

Low-cost and Free Counselling – General – Continued

- **SOUTH GLOUCESTERSHIRE TALKING THERAPIES**

Offer range of courses and support for anyone experiencing psychological and emotional difficulties who registered with a GP in South Gloucestershire, either by GP referral or directly via contact details below. Telephone between 8am-8pm Mon-Thu, 9am-5pm Fri or 9am-4pm Sat or complete contact form via website

0117 378 4270 | iapt-sglos.awp.nhs.uk

- **THE SWAN PROJECT**

Offer long-term, low-cost counselling. All clients are expected to pay a weekly contribution towards the service; this may be a minimal amount if not working. Specialise in counselling for those recovering from alcohol dependency, but also offer general counselling

0117 989 2521 | theswanproject.co.uk | hayley.swan@live.com

- **VINE COUNSELLING SERVICES**

Counselling service with a Christian ethos, based in Congresbury, North Somerset between Weston-super-Mare and Bristol. Unable to offer counselling to anyone who is under 18 years of age, couples, those dependent on drugs or alcohol or perpetrators of domestic or sexual violence. No fixed fees, donations encouraged to cover costs

01934 876 377 | www.vinecounselling.org | vine.counselling@hotmail.co.uk

- **WELLSPRING COUNSELLING**

Lower cost counselling service delivered from two sites in Nailsea, North Somerset. Sessions are offered on Mon, Tue and Thu evenings at Tower House Medical Centre & Tue, Wed and Thu mornings & afternoons at Nailsea Methodist Community Church

Earnings up-to £30k: £25 £30k-£40k: £35 £45k+: £40 Qualifying Benefits: £10

01275 810 879 | wellspringcounselling.org.uk

Abuse

- **THE BRIDGE**

Free counselling and psychological therapy sessions held in locations across Avon and Somerset, including Bristol. Available to people affected by rape or sexual assault, including friends and family members of those affected.

0117 342 6999 | thebridgecanhelp.org.uk | ubh-tr.thebridgecanhelp@nhs.net

- **THE GREEN HOUSE** | formerly Avon Sexual Abuse Centre

Provides one-to-one counselling and psychotherapy to children, young people and adults who have been sexually abused or assaulted as either children or adults

0117 935 1707 | www.the-green-house.org.uk | info@the-green-house.org.uk

- **KINERGY**

A free and confidential service offering 1-to-1 counselling for up to 48 weeks and group therapy for up to 20 weeks to survivors of sexual violence and abuse

0117 908 7712 | www.kinergy.org.uk | contact@kinergy.org.uk

- **SARSAS** | Somerset and Avon Rape and Sexual Abuse Support

Specialist time-limited counselling and group work for women and girls aged 13+ in venues in Somerset & former Avon. Bristol residents and men and boys are referred to The Green House and Southmead Touchstone for counselling service. Sarsas also offer a free helpline service for women and girls and men and boys.

For counselling services: **01823 324 944** (Taunton) or **0117 950 6022** (Bristol)

Helplines: **0808 801 0456** (women & girls) or **0808 801 0464** (men & boys)

- **SOUTHMEAD TOUCHSTONE** | part of Southmead Project

A free, confidential special service offering counselling to people over the age of 16 who have experienced emotional, physical or sexual abuse, or are aware of this having happened to their partner or children

0117 959 4809 or **0117 950 6022** | southmead_project@yahoo.co.uk

AIDS & HIV

- **TERRENCE HIGGINS TRUST**

For anyone who is HIV positive, or has questions around sexuality, living in Bristol, South Gloucestershire or North Somerset. Counselling and emotional support may cover wider concerns around a range of issues, including sex, relationships, treatment, drugs, children or family life. Interpreters are available for anyone who does not use English as their first language.

0117 955 1000 | www.tht.org.uk | info@tht.org.uk

Black & Minority Ethnic

- **NILAARI**

Nilaari are specialists in working cross-culturally with those from Black and Asian backgrounds. Offer a range of interventions from one-to-one CBT and counselling for depression to group psycho-education courses.

0117 952 5742 | www.nilaari.co.uk | info@nilaari.co.uk

Bereavement and Life-threatening Illness

- **CRUSE BEREAVEMENT**

Free bereavement counselling for children and adults, also offer a helpline service, email and website support.

0117 926 4045 | www.cruse.org.uk | Bristol@cruse.org.uk

- **THE HARBOUR**

Free and professional counselling and psychotherapy available to individuals and couples affected by life-threatening illness - group therapy also available

0117 926 4045 | www.the-harbour.org.uk

Children and Young People

- **ARA YOUNG PEOPLE'S GAMBLING PROJECT**

1:1 counselling for young people aged 19 years and under living in the Bristol area with a gambling addiction or those affected by the gambling addiction of a friend or family member

0117 930 0282 | www.addictionrecovery.org.uk | info@addictionrecovery.org.uk

- **HELP COUNSELLING**

One-to-one counselling, group work and parent and child workshops for children and young adults between 9 and 25 years of age. Counselling is offered at locations in Bristol, Somerset & South Glos. Clients are asked to consider paying between £3 and £40, whatever they can afford, towards covering the costs of each session. To access Help Counselling services prospective clients should fill in an online 'Contact Form' at: **www.help-counselling.org.uk/contact-form.php**

0117 950 2511 (general enquiries only) | **www.help-counselling.org.uk**

- **OFF THE RECORD**

Free confidential advice, informal support and counselling available for young people aged 11-25 years of age. Based in central Bristol, OTR also has counsellors based all over the city and across South Gloucestershire.

OTR also offers a youth LGBTQ (Freedom Youth) service and access to art therapy.

Tel: **0808 808 9120** | Text: **07896 880 011**

www.otrbristol.org.uk | confidential@otrbristol.org.uk

- **NETWORK YOUTH**

Youth counselling available to anyone 11 years or above. No fixed fees, clients are asked to make a donation if they are able to do so.

Tel: **0117 950 7271** | **www.network.org.uk | info@network.org.uk**

- **WELLSPRING COUNSELLING** | Youth Counselling Project

Free counselling for young people aged 11-18 years. The service is delivered by an experienced youth worker on Wednesday afternoons from 3pm at Tower Hill Medical Centre in Nailsea.

01275 810 879 | wellspringcounselling.org.uk

Drugs and Alcohol

- **BRISTOL DRUGS PROJECT | BDP**

A range of services and support available for drug & alcohol misusers, friends and relatives, contact the BDP advice and information centre in the first instance to be signposted to the appropriate BDP delivered service

0117 987 6000 | www.bdp.org.uk | info@bdp.org.uk

- **THE SOUTHMEAD PROJECT**

For those aged 16 years and over who have experienced abuse/trauma – physical, emotional and sexual – and may have responded to such trauma by misusing drugs and/or alcohol (or other ways of self-harming) to manage strong feelings associated with the trauma.

0117 950 6022 | southmeadproject.org.uk | southmead_project@yahoo.co.uk

- **THE SWAN PROJECT | START WINNING AGAINST ALCOHOL NOW**

Offer long-term, low-cost counselling for people suffering from addiction. All clients are expected to pay a weekly contribution towards the service; this may be a minimal amount if not working.

0117 989 2521 | theswanproject.co.uk | hayley.swan@live.com

- **WOMEN'S INDEPENDENT ALCOHOL SUPPORT | WIAS**

One-to-one counselling for women dealing with past and present alcohol issues

0117 942 8077 | wiaswomen.org.uk | contact@wiaswomen.org.uk

Eating Distress

- **BEAT**

Advice and support for people affected by eating disorders. Beat offers a helpline, support groups and advice on how to access NHS services and/or counsellors experienced in working with clients with eating disorders.

Helpline: **0345 634 1414** | Youthline: **0345 634 1414**

www.b-eat.co.uk | help@b-eat.co.uk

Gambling

- **ADDICTION RECOVERY AGENCY | ARA**

1:1 counselling for people experiencing problems with their own gambling or that of a family member in the former Avon area (Bristol, BANES, North Somerset, South Gloucestershire), Gloucestershire, Somerset and South Wales

0117 930 0282 | www.addictionrecovery.org.uk | info@addictionrecovery.org.uk

- **GAMBLERS ANONYMOUS**

Local meetings of fellow gamblers (not counselling), which are held regularly in Bristol (Broadmead, Bedminster & Horfield), Bath and Weston-super-Mare

www.gamblersanonymous.org.uk (details of local meetings and contacts)

Housebound

- **LOW COST COUNSELLING SERVICES**

Home visiting low cost counselling for individuals 18+ living within the BS1, BS2, BS3, BS4, BS5, BS6, BS7, BS8, BS9, BS10, BS11, BS12, BS13, BS14, BS15, BS16, BS30, BS32, BS36, BS37, BS41 post code areas. Cost ranges from a minimum of £12.50 to £25.00 per session, dependent on ability to pay

Tel: **07927 355028** | www.lowcostcounselling.co.uk | tinafree@lowcostcounselling.co.uk

- **NEW DAWN COUNSELLING SERVICE**

Affordable counselling available to individuals 18+ who are housebound through illness or disability. Carers of housebound individuals are also able to make use of this service.

01934 614 313 | newdawn-counselling.co.uk | newdawn-counselling@gmail.com

LGBTQ+

- **MEETING MINDS LGBTQ+ COUNSELLING**

One-to-one therapy delivered by counsellors with lived experience of being LGBTQ+, offered to adults 18+ at an affordable rate dependent on disposable household income.

www.bristolmind.org.uk/lgbtq

- **LGBTQ+ ART THERAPY**

Offering the opportunity for LGBTQ+ individuals (18+) to explore their thoughts and feelings through the creative process of making art. No previous experience or skills in art making are necessary. Takes place Friday mornings/afternoons, each session is an hour long. Initial assessment is £10 and subsequent sessions cost £35 each. This includes the cost of all materials, so there are no extra charges. We have some reduced fee spaces for those on ESA. A-K Laine is a fully qualified art psychotherapist, who works in an integrative and LGBTQ+ affirmative way.

www.bristolmind.org.uk/lgbtq

- **PINK THERAPY**

Online directory of LGBTIQ affirmative therapists, search 'Avon' region within 'Find a therapist' for counsellors in Bristol and surrounding area. Therapists specialising in gender identity issues and couples counsellors listed among others.

www.pinktherapy.com

Pregnancy, Abortion & Miscarriage

- **THE WILLOW TREE CENTRE**

The Willow Tree Centre offers confidential pregnancy choices counselling, post-abortion counselling and miscarriage and stillbirth counselling and support. Support also offered to and people with learning difficulties

0117 942 8444 | www.relate-avon.org.uk | info@relate-avon.org.uk

Relationships and Families

- **AFFORDABLE TALK**

Offers short and long-term low cost counselling, CBT and psychotherapy to individuals, couples and young people. Each counsellor specialises in a particular issue or a variety of issues. Couples fees are £40 per 50 min appointment.

07557 511 970 | www.affordable-talk.co.uk | bristolenquiries@affordable-talk.co.uk

- **AVON COUNSELLING AND PSYCHOTHERAPY SERVICE**

Couples fees: standard £60 | subsidised fee £21 available to some clients

0117 930 4447 | www.acps-bristol.org.uk | info@acps-bristol.org.uk

- **MARRIAGE CARE**

Marriage Care offers a relationship counselling service with a Christian ethos that does not charge a fixed fee for counselling sessions, apart from an initial registration fee of £10. Subsequent session fees based upon ability to pay.

0800 389 3801 | www.marriagecare.org.uk

- **NETWORK COUNSELLING**

Counselling service with a Christian ethos, for individuals or couples aged 16 or over. No fixed fees, suggested donation £25 per session

0117 950 7271 | www.network.org.uk | info@network.org.uk

- **RELATE AVON**

Relationship counselling, sex therapy, relationship education and families counselling, open to anyone over the age of 16 years, whether married, living together, in a same-sex relationship, separated, divorced or single. Relationship counselling is open to individuals or couples. Also offers family counselling, open to parents and children and may be attended by individual family members or by parents and their children. Fees for counselling are dependent ability to pay and are to cover costs only.

0117 942 8444 | www.relate-avon.org.uk | info@relate-avon.org.uk

Students

- **UNIVERSITY OF BRISTOL STUDENT COUNSELLING**

For students of the university. Counselling based on the third floor of Hampton House. Counselling sessions by appointment are available between 9am and 8pm Monday-Thursday and 9am and 5pm Friday. Booking form is available online. Additionally, 20 minute drop-ins are available on any weekday.

0117 954 6655 | www.bristol.ac.uk/student-counselling

- **UWE WELLBEING SERVICE**

For students of UWE. Therapeutic consultation with a Senior Wellbeing Practitioner. Students can have up to six counselling appointments per academic year. Additional wellbeing and specialist mentoring support is also available.

0117 328 6268 | uwe.ac.uk/students/healthandwellbeing/wellbeingserviceuk | wellbeing@uwe.ac.uk

Women

- **WOMEN'S INDEPENDENT ALCOHOL SUPPORT | WIAS**

One-to-one counselling for women dealing with past and present alcohol issues

0117 942 8077 | wiaswomen.org.uk | contact@wiaswomen.org.uk

- **WOMANKIND**

Provide a free and subsidised counselling service for women on low incomes and a full fee counselling service for women who can afford to pay. 1:1 general counselling service.

0117 916 6461 | womankindbristol.org.uk | info@womankindbristol.org.uk