

Talking Therapies and Listening Services

Bristol, North Somerset, and South Gloucestershire

Below is a list of organisations who provide low-cost or free talking therapies or emotional support listening services. This list does not claim to be exhaustive. Bristol Mind cannot guarantee the quality of any services provided by other organisations; the below are provided for information only.

These services are mostly **primary care** services, dealing with mild to moderate mental health struggles. For information on secondary care and intensive services, we recommend that you speak with your GP or visit the [BNSSG CCG website](#) for more information.

This document was last updated on **22/03/2021**. If a more recent version has been published, it will be available at the following link: <https://bristolmind.org.uk/advice-resources/>

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Bristol Mind Counselling & Listening Services

Meeting Minds Counselling https://bristolmind.org.uk/counselling/ counselling@bristolmind.org.uk	
Meeting Minds is a primary care counselling service for adults in the Bristol City Council area. Counselling is low-cost and income-dependent, and currently takes place remotely.	Fees: £20 - £35 per session, income-dependent. Hardship fees can be discussed.
	Delivery: Online, telephone
	Sessions: Up to 16 sessions, with scope to extend
	Area of Operation: Bristol City Council area only
	Referral: Self-referral by email

Meeting Minds LGBTQ+ Counselling https://bristolmind.org.uk/lgbtqcounselling/ counselling@bristolmind.org.uk	
Meeting Minds LGBTQ+ is a primary care counselling service for LGBTQ+ adults in the Bristol City Council area. Counselling is low-cost and income-dependent, and currently takes place remotely. All counsellors within the service have lived experience of being LGBTQ+.	Fees: £20 - £35 per session, income-dependent. Hardship fees can be discussed.
	Delivery: Online, telephone
	Sessions: Up to 16 sessions, with scope to extend
	Area of Operation: Bristol City, North Somerset, and South Gloucestershire
	Referral: Self-referral by email. Please specify that you're interested in LGBTQ+ counselling.

Meeting Minds Without Borders – Refugee Counselling https://www.bristolmind.org.uk/meeting-minds-without-borders refugee.counselling@bristolmind.org.uk	
Meeting Minds Without Borders is a primary care counselling service for adult male refugees and asylum seekers living in Bristol. A multi-lingual flyer can be downloaded from the website.	Fees: None – this is a free service
	Delivery: Online, telephone, some face-to-face
	Sessions: Dependent on client needs
	Area of Operation: Bristol City only
	Referral: Self-referral and referral from friends, family, and case workers, by email.

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Meeting Minds Shielded Counselling		
https://www.bristolmind.org.uk/shielded-counselling-service counselling@bristolmind.org.uk		
Bristol Mind is currently providing a free counselling service to specific individuals shielding because of the COVID-19 pandemic. More details available on the website.	Fees:	None – this is a free service
	Delivery:	Telephone only
	Sessions:	Dependent on client needs
	Area of Operation:	Specific Bristol City wards – please see our website.
	Referral:	Self, family, and agency referrals by email.

Mindline		
https://www.bristolmind.org.uk/mindline 0808 808 0330 – 7pm to 11pm every night		
Mindline is a free, confidential emotional support helpline that provides a safe place to talk if you, or someone you know, is in distress. Calls can last up to 30 minutes per evening.	Fees:	None – this is a free service
	Delivery:	Telephone helpline, open 7pm to 11pm every night.
	Sessions:	N / A – telephone helpline.
	Area of Operation:	Bristol, North Somerset, and South Gloucestershire
	Referral:	N / A – telephone helpline.

Mindline Trans+		
https://www.mindlinetrans.org.uk 0300 330 5468 – 8pm to Midnight, Mondays & Fridays		
Mindline trans+ is a confidential emotional and mental health support helpline for transgender and non-binary people, and their families and friends. Listeners have lived experience of being trans or non-binary.	Fees:	Calls are charged at local rate, and should be inclusive to contract minutes
	Delivery:	Telephone helpline, open 8pm to Midnight Mondays & Fridays
	Sessions:	N / A – telephone helpline.
	Area of Operation:	UK-wide
	Referral:	N / A – telephone helpline.

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Talking Therapies: General

Affordable Talk CIC www.affordable-talk.co.uk affordabletalkservice@gmail.com 07394 036773		
Affordable Talk aim to make counselling, CBT, and psychotherapy accessible to all. They believe that attending counselling is about your wellbeing, self-exploration, and self-development, as well as learning coping mechanisms to deal with difficult and complex life events.	Fees:	£10 - £25 per session, depending on the therapist. Proof of eligibility for low-cost therapy required.
	Delivery:	face to face & online
	Sessions:	Dependent on need
	Area of Operation:	Face to face sessions in South Wales; online sessions UK-wide.
	Referral:	Self-referral by email or phone

Avon Counselling and Psychotherapy Service www.acps-bristol.org.uk info@acps-bristol.org.uk 0117 930 4447 (10am - 3pm, Mon - Thu)		
Avon Counselling and Psychotherapy Service are a charity offering psychotherapy and counselling. They have therapists from multiple disciplines, and can also offer short focused work and mindfulness.	Fees:	£15 - £50 per session, income-dependent
	Delivery:	Online, telephone, face-to-face
	Sessions:	Up to 30 low-cost sessions; no limit on full price.
	Area of Operation:	South-West England
	Referral:	Self-referral by email or phone

Bath Centre for Psychotherapy and Counselling www.bcpc.org.uk/ lowcostcounselling.bcpc@gmail.com 07734 392212		
Bath Centre for Psychotherapy and Counselling are a training organisation and database of registered therapists. They operate a low-cost psychotherapy and counselling service, using trainee counsellors, which aims to increase access to services.	Fees:	£5 per session for unwaged clients, £7 per session for students & low-income clients.
	Delivery:	Remote delivery during COVID-19
	Sessions:	Up to 10 low-cost sessions
	Area of Operation:	South-West England
	Referral:	Self-referral by email or phone

Knowle West Health Association kwha1.wordpress.com/counselling-service/ counsellingcoordinator@knowlewesthealthassoc.org.uk		
Knowle West Health Association are a voluntary organisation working to promote good health and wellbeing in and around the Knowle West area. They offer a free counselling service to local residents.	Fees:	No fee – this is a free service
	Delivery:	Online, telephone
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	Based in Knowle. Can accept referrals across Bristol if willing to travel to Knowle.
	Referral:	Self-referral by email or phone

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Network Counselling www.network.org.uk info@network.org.uk 0117 950 7271		
Network are a counselling service with a Christian ethos, for individuals or couples aged 16+. The service is open to all, irrespective of gender, sexual orientation, ethnic origin, or religion, and operates on a donation-per-session basis.	Fees:	No fixed fee; suggested donation of £32 per session.
	Delivery:	Remote, face-to-face
	Sessions:	Up to 12 sessions, with the possibility to extend
	Area of Operation:	Bristol and surrounding areas, Bath
	Referral:	Self-referral by email or phone

New Dawn Counselling Service www.newdawncic.co.uk newdawncounselling@gmail.com 01934 614 313		
New Dawn are a Community Interest Company providing affordable counselling to individuals and couples in Bridgwater and Weston-Super-Mare, to empower people with challenging personal issues to achieve change and wellbeing.	Fees:	Individuals: £15 - £35 per session Couples: £30 - £50 per session Assessment Fee: £10 individual, £20 couple
	Delivery:	Online, telephone, face-to-face
	Sessions:	Variable based on client needs
	Area of Operation:	Somerset and North Somerset for remote, face-to-face available to all who can travel to Bridgwater or Weston-Super-Mare
	Referral:	Self-referral by email or phone

Heart to Heart Counselling www.hearttoheartbristol.co.uk hearttoheartbristol@gmail.com 07926314739		
Heart to Heart are a team of qualified and student counsellors who are passionate about providing low-cost counselling in the community. Counsellors use a person-centred approach and can offer counselling to children from the age of 12 as well as to individual adults and couples.	Fees:	£20 per session (student counsellor) £25 per session (qualified counsellor) Couples: £40 per session
	Delivery:	Online, telephone, face-to-face
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	Bristol and surrounding areas
	Referral:	Self-referral by email or phone

Sevenside Institute for Psychotherapy www.sipsychotherapy.org/reduced-fee-therapy 0117 927 3898		
The SIP provide psychotherapy across the South West of England. Low-cost psychotherapy is provided through the Training Patient Scheme, which matches clients with therapists in training.	Fees:	£30 - £50 for assessment; £25 per session
	Delivery:	Face-to-face
	Sessions:	Minimum: once weekly for a year
	Area of Operation:	South-West England
	Referral:	Self-referral – referral form on website

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Tariki Trust

https://buddhistpsychology.typepad.com/tariki_counselling_psycho/ | claire@tarikitrust.org

Tariki counsellors work in a radically non-judgemental way, giving you safe space to talk, to be heard and understood, and to work towards finding a way through life's challenges. In the current economic situation, for many of us, finding money for therapy can be difficult. Tariki is offering a free counselling service so that no matter your circumstances, their door is open.	Fees:	None – this is a free service.
	Delivery:	Video chat
	Sessions:	12 sessions, with the possibility of ongoing sessions if necessary
	Area of Operation:	Based in Bristol & South West England, but open to anyone in the UK.
	Referral:	Self-referral by email, above.

Vine Counselling Services

www.vinecounselling.org | vine.counselling@hotmail.co.uk | 01934 876377

Vine are a counselling service guided by a Christian ethos, for individuals aged 18+ in North Somerset. The service is offered to all, regardless of faith, with a climate of acceptance.	Fees:	No fixed fee – operates on a pay-what-you-can donation basis.
	Delivery:	Online, face-to-face
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	North Somerset only. Face-to-face sessions take place in Congresbury.
	Referral:	Self-referral by email or telephone

Vita Minds

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire | 0333 200 1893 | **24/7 Support and Connect helpline: 0800 0126549**

VitaMinds provide free talking therapies and workshops on behalf of the NHS to people aged 16+ who are registered with a GP and live in Bristol, North Somerset, or South Gloucestershire.	Fees:	None – this is a free service.
	Delivery:	Online only during COVID-19
	Sessions:	Variable dependent on service offered
	Area of Operation:	Bristol, North Somerset, and South Gloucestershire
	Referral:	Self-referral by online form or telephone. GP assisted referral available.

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Wellspring Counselling www.wellspringcounselling.org.uk reception@wellspringcounselling.org.uk 01275 810879		
Wellspring is a counselling service with a Christian ethos, which provides affordable counselling for people aged 11 and over in North Somerset. Low-intensity CBT is also available for young people aged 11-18.	Fees:	Minimum payment £10 to £40 dependent on income, employment status, and age.
	Delivery:	Online only during COVID-19
	Sessions:	Initially up to 6, with possibility of extension
	Area of Operation:	North Somerset only
	Referral:	Self-referral by email or telephone.

Womankind www.womankindbristol.org.uk info@womankindbristol.org.uk 0345 458 2914		
Womankind offer counselling, group psychotherapy, befriending, and a helpline & webchat service to women in the Bristol area. Most services are free or pay-what-you can; fee-paying counselling is also available.	Fees:	Private slots available at £45 per session; pay-what-you-can slots for clients in receipt of benefits or low-income clients.
	Delivery:	Online, face-to-face, telephone
	Sessions:	Up to 6 months
	Area of Operation:	Bristol postcodes only
	Referral:	Self-referral through helpline or email.

24/7 Support & Connect 0800 012 6549 https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire/247-support-connect/		
24/7 Support and Connect is an NHS helpline, staffed by experienced counsellors who can offer emotional support and connect you to local organisations.	Fees:	None – this is a free service.
	Delivery:	Telephone helpline
	Sessions:	N / A
	Area of Operation:	Available to residents of, and those with a GP in, Bristol, North Somerset & South Gloucestershire.
	Referral:	N / A

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Talking Therapies: Trauma and Abuse

Kinergy www.kinergy.org.uk 0117 908 7712		
Kinergy is a specialist counselling agency offering support for individuals of any gender aged 16 and above who are survivors of sexual abuse or sexual violence. Support is in the form of one-to-one counselling sessions, single-gender group therapy, and drop-in support groups.	Fees:	None – this is a free service.
	Delivery:	Contact the service directly to learn more
	Sessions:	Up to 24 sessions (counselling); 12 sessions (group therapy)
	Area of Operation:	Bristol, North Somerset, and South Gloucestershire
	Referral:	Referrals are currently paused due to an increase in requests during the pandemic – see website for further details.

SARSAS (Somerset and Avon Rape and Sexual Abuse Support) www.sarsas.org.uk support@sarsas.org.uk 0117 929 9555 helpline: 0808 801 0456		
SARSAS are an organisation providing support to survivors of sexual abuse or rape across the Avon and Somerset area. Support is in the form of helplines, one-to-one volunteer non-counselling support, counselling for women and girls, and a live web chat.	Fees:	None – this is a free service.
	Delivery:	Multiple methods, dependent on service.
	Sessions:	Counselling: 12 - 24 sessions Volunteer support: 10 – 20 sessions
	Area of Operation:	Counselling: North Somerset, South Gloucestershire, Bath and North East Somerset, Somerset Volunteer support: Bristol
	Referral:	Self-referral through phone or email

The Southmead Project www.southmeadproject.org.uk admin@southmeadproject.com 0117 9506022		
The Southmead Project provides free counselling and support for survivors of recent and historic abuse of any variety across the Bristol area. Specialist support is also offered for survivors of abuse who currently have an addiction to drugs and alcohol through the Nexus project.	Fees:	None – this is a free service.
	Delivery:	Online, telephone
	Sessions:	Counselling: up to 24 sessions Nexus Counselling: Up to 12 sessions, followed by long-term non-specialist counselling if appropriate.
	Area of Operation:	Bristol and surrounding areas
	Referrals:	Counselling: self-referral Nexus Counselling: referral through drug or alcohol services (e.g. Bristol ROADS)

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The Bridge

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

The Bridge is a Sexual Assault Referral Centre, offering medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted, regardless of when and where it happened, or who did it.

Fees:	None – this is a free service.
Delivery:	Helpline available 24/7; multiple delivery modes.
Sessions:	N/A – refers to other organisations.
Area of Operation:	Bristol, North Somerset, South Gloucestershire, Bath and North East Somerset, Somerset. Support for children in Gloucestershire, Wiltshire, and Swindon.
Referral:	Self-referral through confidential helpline 24/7 365 days a year.

The Green House

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

The Green House provides free counselling for anyone over the age of 18 who has experienced sexual abuse at any point in their lives.

A specific service is also available for children, using creative methods of therapy.

Fees:	None – this is a free service.
Delivery:	Adults: Online, telephone Children: Face-to-face
Sessions:	Up to 24 sessions.
Area of Operation:	Bristol and surrounding areas.
Referral:	Referrals are currently paused due to the COVID-19 pandemic. See website for further details.

Womankind Rape and Sexual Abuse Services

www.womankindbristol.org.uk | info@womankindbristol.org.uk | 0800 801 0456

Womankind offer specific counselling for women aged 18+ who have experienced recent or historic rape, sexual assault, or sexual abuse.

Referrals for this service are taken by SARSAS (0800 801 0456).

Fees:	None – this is a free service.
Delivery:	Online, face-to-face, telephone.
Sessions:	12 – 18 sessions, dependent on client
Area of Operation:	Bristol postcodes only
Referral:	Through SARSAS – call 0800 801 0456.

Missing Link / Next Link / Safe Link

www.missinglinkhousing.co.uk | www.nextlinkhousing.co.uk | www.safelinksupport.co.uk

Missing Link, Next Link, and Safe Link are a partnership of organisations providing services to women, including dedicated homelessness, domestic abuse, and sexual abuse services. Counselling is offered to some clients.

Fees:	None – this is a free service.
Delivery:	Various delivery modes
Sessions:	variable
Area of Operation:	Services vary across Bristol, South Gloucestershire, and North Somerset.
Referral:	Domestic abuse: 0800 470 0280 Sexual abuse: 0333 323 1543

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Vita Minds

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire | 0333 200 1893 | **24/7 Support and Connect helpline: 0800 0126549**

VitaMinds, the NHS talking therapies provider for Bristol, North Somerset, and South Gloucestershire, offer treatments for people who have experienced a traumatic event. Referral is through the same method and assessment process as other forms of therapy.	Fees:	None – this is a free service.
	Delivery:	Online only during COVID-19
	Sessions:	Variable dependent on service offered
	Area of Operation:	Bristol, North Somerset, and South Gloucestershire
	Referral:	Self-referral by online form or telephone. GP assisted referral available.

Trauma Foundation South West

www.tfsww.co.uk | tfsww@tfsww.co.uk | 01225 444911

Trauma Foundation South West provide free psychotherapy, counselling, and support for asylum seekers and refugees who have suffered through torture, oppression, and conflict. In addition to one-to-one therapy, an art therapy group is available.	Fees:	None – this is a free service.
	Delivery:	Telephone, messaging, and Online video.
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	South-West England
	Referral:	Self- or GP referral, by telephone

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Talking Therapies: Illness and Bereavement

Terrence Higgins Trust www.tht.org.uk/our-services/online-services/online-counselling-people-living-hiv online.counselling@tht.org.uk		
<p>Terrence Higgins Trust are a UK-wide HIV and sexual health charity, providing sexual health services and practical and emotional support.</p> <p>They offer a free online counselling service for anyone in the UK over the age of 18 who is living with HIV.</p>	Fees:	None – this is a free service.
	Delivery:	Online only
	Sessions:	Contact the service directly to learn more
	Area of Operation:	Online therapy is UK-wide. Other services are offered at Easton Community Centre and Unity Sexual Health Clinic.
	Referral:	Self-referral via website above.

The Harbour www.the-harbour.org.uk/counselling info@the-harbour.org.uk 0117 925 9348		
<p>The Harbour offer counselling and psychotherapy to individuals and couples affected by life-threatening illness. Group therapy is also available.</p> <p>Services are for adults facing death or dying, adults close to someone facing death or dying, and adults who have recently (within two years) been bereaved following an illness.</p>	Fees:	None – this is a free service.
	Delivery:	Online and by telephone during COVID-19
	Sessions:	Up to 16
	Area of Operation:	Bristol, North Somerset, South Gloucestershire, Bath and North East Somerset, Somerset
	Referral:	Self-referral by email, telephone, and website contact form.

Rosie Crane Trust www.rosiecranetrust.org contact@rosiecranetrust.org 01450 55120 (24 hour helpline)		
<p>The Rosie Crane Trust are an organisation that supports bereaved parents through their grief.</p> <p>Services offered include drop-in centres, a 24 hour helpline, a befriending service, and access to subsidised counselling with external agencies.</p>	Fees:	Variable – the trust will subsidise some or all of the cost of therapy.
	Delivery:	Variable – therapy is provided by external agencies.
	Sessions:	Variable – therapy is provided by external agencies
	Area of Operation:	South-West England
	Referral:	Self-referral by email or telephone.

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Talking Therapies: Black, Asian and Minority Ethnic

Nilaari www.nilaari.co.uk nilaari@nilaari.co.uk 0117 952 5742		
Nilaari is a Black, Asian and Minority Ethnic led community-based charity delivering culturally appropriate and responsive social care support and talking therapies. Services include therapy, groups, and drop-ins.	Fees:	None – this is a free service
	Delivery:	Telephone, Whatsapp call, or Zoom
	Sessions:	Minimum of 5 weeks, but open ended.
	Area of Operation:	Bristol City only
	Referral:	Self-referral by telephone.

Meeting Minds Without Borders – Refugee Counselling https://www.bristolmind.org.uk/meeting-minds-without-borders refugee.counselling@bristolmind.org.uk		
Meeting Minds Without Borders is a primary care counselling service for adult male refugees and asylum seekers living in Bristol. A multi-lingual flyer can be downloaded from the website.	Fees:	None – this is a free service
	Delivery:	Online, telephone, some face-to-face
	Sessions:	Dependent on client needs
	Area of Operation:	Bristol City only
	Referral:	Self-referral and referral from friends, family, and case workers, by email.

Trauma Foundation South West www.tfsfw.co.uk tfsfw@tfsfw.co.uk 01225 444911		
Trauma Foundation South West provide free psychotherapy, counselling, and support for asylum seekers and refugees who have suffered through torture, oppression, and conflict. In addition to one-to-one therapy, an art therapy group is available.	Fees:	None – this is a free service.
	Delivery:	Telephone, messaging, and Online video.
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	South-West England
	Referral:	Self- or GP referral, by telephone

Off the Record (Bristol & South Gloucestershire) www.otrbristol.org.uk hello@otrbristol.org.uk 0808 808 9120		
Off the Record offer targeted counselling to BAME young people aged between 16 and 25.	Fees:	None – this is a free service.
	Delivery:	Online only during COVID-19
	Sessions:	Up to 6
	Area of Operation:	Bristol, South Gloucestershire.
	Referral:	Contact the organisation directly for details

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Talking Therapies: Children and Young People

Help! Counselling www.help-counselling.org.uk 0117 950 2511		
Help Counselling offer affordable, counselling and psychotherapy to children and young people between the ages of 9 and 25 in the South West of England. As well as one-to-one therapy, group sessions are available for young people who are close in age and experiencing similar difficulties.	Fees:	Minimum £10 per session
	Delivery:	Telephone, messaging, and Online video.
	Sessions:	No limit – sessions continue for as long as necessary
	Area of Operation:	Bristol and the West Country
	Referral:	Self-referral or parent assisted referral through contact form: www.help-counselling.org.uk/contact-form/

Heart to Heart Counselling www.hearttoheartbristol.co.uk hearttoheartbristol@gmail.com 07926314739		
Heart to Heart are a team of qualified and student counsellors who are passionate about providing low-cost counselling in the community. Counsellors use a person-centred approach and can offer counselling to children from the age of 12.	Fees:	£20 per session (student counsellor) £25 per session (qualified counsellor)
	Delivery:	Online, telephone, face-to-face
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	Bristol and surrounding areas
	Referral:	Self-referral by email or phone

Off the Record (Bristol & South Gloucestershire) www.otrbristol.org.uk hello@otrbristol.org.uk 0808 808 9120		
Off the Record offer a wide range of one-to-one therapies for young people aged 11 – 18 in Bristol and South Gloucestershire, targeted therapies for LGBTQ+ and BAME people up to age 25, and a selection of workshops, groups, and social projects.	Fees:	None
	Delivery:	Online only during COVID-19
	Sessions:	Up to 6
	Area of Operation:	Bristol, South Gloucestershire.
	Referral:	Contact the organisation directly for details

Off the Record (Bath and North East Somerset) www.offtherecord-banes.co.uk 01225 312481 office@offtherecord-banes.co.uk		
Off the Record Bath and North East Somerset offer a range of services for young people between the ages of 10 and 25, including counselling.	Fees:	None – this is a free service
	Delivery:	Online, telephone, face-to-face
	Sessions:	Up to 6, with scope to extend.
	Area of Operation:	Bath and North East Somerset. Branches in Bath, Midsomer Norton & Keynsham.
	Referral:	Self-referral through website or telephone

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Wellspring Counselling www.wellspringcounselling.org.uk reception@wellspringcounselling.org.uk 01275 810879		
Wellspring is a counselling service with a Christian ethos, which provides affordable counselling for people aged 11 and over in North Somerset. Low-intensity CBT is also available for young people aged 11-18.	Fees:	Minimum payment £10 for young people.
	Delivery:	Online only during COVID-19
	Sessions:	Initially up to 6, with possibility of extension
	Area of Operation:	North Somerset only
	Referral:	Self-referral by email or telephone.

Talking Therapies: University Internal Services

University of Bristol Student Counselling Service www.bristol.ac.uk/students/support/wellbeing/services/student-counselling-service wellbeing-access@bristol.ac.uk 0117 456 9860 (24 hours)		
Students at the University of Bristol can access free short-term counselling from the University of Bristol Student Counselling service, in relation to issues directly impacting on their ability to study.	Fees:	None – this is a free service.
	Delivery:	Online
	Sessions:	Short-term
	Area of Operation:	UK-based students of the University of Bristol only.
	Referral:	Self-referral to Wellbeing Access – emails and telephone number above

UWE Wellbeing Service www.uwe.ac.uk/life/health-and-wellbeing/get-wellbeing-support wellbeing@uwe.ac.uk		
Students at UWE can access free short-term counselling from UWE Wellbeing Service, as well as online counselling from the Kooth student service.	Fees:	None – this is a free service.
	Delivery:	Online, telephone, face-to-face
	Sessions:	6 per academic year. Unlimited access to Kooth.
	Area of Operation:	Students of UWE only.
	Referral:	Self-referral to wellbeing services through link above.

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Talking Therapies: Addictions

The Southmead Project: Nexus Counselling www.southmeadproject.org.uk nexus@southmeadproject.com 0117 950 6022		
<p>The Southmead Project provide a specialist counselling service, Nexus Counselling, for survivors of sexual abuse who currently have an addiction to drugs or alcohol.</p> <p>In order to be eligible, clients must already be engaged with a drug or alcohol service, such as Bristol ROADS.</p>	Fees:	None – this is a free service.
	Delivery:	Online, telephone
	Sessions:	Up to 12 sessions, followed by long-term non-specialist counselling if appropriate.
	Area of Operation:	Bristol and surrounding areas
	Referrals:	Referral through drug or alcohol services (e.g. Bristol ROADS)

The Swan Project www.theswanproject.co.uk info@theswanproject.co.uk 07787 374317		
<p>The Swan Project offer low-cost counselling to anyone 18 and over who is suffering from addiction. Swan understand that addiction is not a stand-alone issue, and is often a means of trying to cope with more underlying issues.</p>	Fees:	£10 - £35 dependent on affordability.
	Delivery:	Online, telephone
	Sessions:	Check this!
	Area of Operation:	Bristol and surrounding areas
	Referrals:	Self-referral through email and telephone. GP, employer, and professional agency referrals also accepted.

ARA Gambling Service www.recovery4all.co.uk info@recovery4all.co.uk 0330 1340 286		
<p>ARA offer free one-to-one counselling to individuals 16 years of age and older in the South West of England and Wales who struggle with harmful gambling, or who are affected by someone else's gambling. Outreach projects and other services are also available.</p>	Fees:	None – this is a free service.
	Delivery:	Online & telephone only during COVID-19
	Sessions:	Variable depending on client's needs
	Area of Operation:	The South-West of England, all of Wales. Other branches nationwide.
	Referrals:	Self-referral by telephone.

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Talking Therapies and Listening Services: LGBTQ+

Meeting Minds LGBTQ+ Counselling https://bristolmind.org.uk/lgbtqcounselling/ counselling@bristolmind.org.uk		
Meeting Minds LGBTQ+ is a primary care counselling service for LGBTQ+ adults in the Bristol City Council area. Counselling is low-cost and income-dependent, and currently takes place remotely. All counsellors within the service have lived experience of being LGBTQ+.	Fees:	£20 - £35 per session, income-dependent. Hardship fees can be discussed.
	Delivery:	Online, telephone
	Sessions:	Up to 16 sessions, with scope to extend
	Area of Operation:	Bristol City, North Somerset, and South Gloucestershire
	Referral:	Self-referral by email. Please specify that you're interested in LGBTQ+ counselling.

Off the Record – Freedom and Freedom Youth https://www.otrbristol.org.uk/what-we-do/freedom/ lgbtq@otrbristol.org.uk		
Off the record offer specific LGBTQ+ services, including counselling, for those aged between 11 and 25.	Fees:	None – this is a free service.
	Delivery:	Online only during COVID-19
	Sessions:	Up to 6
	Area of Operation:	Bristol, South Gloucestershire.
	Referral:	Contact the organisation directly for details

Mermaids https://www.mermaidsuk.org.uk info@mermaidsuk.org.uk 0808 801 0400		
Mermaids supports transgender, non-binary, and gender-diverse children and young people (up to the age of 19). Services include helplines, text chat, and crisis text chat (text MERMAIDS to 85258)	Fees:	None – this is a free service.
	Delivery:	Helplines, text chat, crisis text chat, groups
	Sessions:	N / A
	Area of Operation:	UK-wide
	Referral:	N / A

Mindline Trans+ https://www.mindlinetrans.org.uk 0300 330 5468 – 8pm to Midnight, Mondays & Fridays		
Mindline trans+ is a confidential emotional and mental health support helpline for transgender and non-binary people, and their families and friends. Listeners have lived experience of being trans or non-binary.	Fees:	Calls are charged at local rate, and should be inclusive to contract minutes
	Delivery:	Telephone helpline, open 8pm to Midnight Mondays & Fridays
	Sessions:	N / A – telephone helpline.
	Area of Operation:	UK-wide
	Referral:	N / A – telephone helpline.

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Talking Therapies: Pregnancy, Abortion, and Baby Loss

Mothers For Mothers – Counselling Service		
https://www.mothersformothers.co.uk therapy@mothersformothers.co.uk		
Mothers for Mothers offer confidential person-centred counselling and art psychotherapy, as well as other services, to women from pregnancy until their youngest child is school aged.	Fees:	Low cost, dependent on affordability
	Delivery:	Online, via Zoom
	Sessions:	A minimum of 6, with scope to extend
	Area of Operation:	Bristol, South Gloucestershire, and North Somerset.
	Referral:	Self-referral by email

The Willow Tree Centre		
https://www.mothersformothers.co.uk therapy@mothersformothers.co.uk		
The Willow Tree Centre offer counselling, support, and information for all options relating to unplanned pregnancy, abortion, miscarriage, and baby loss. The Willow Tree Centre work with a Christian ethos but are inclusive of all faiths and support the pregnant person's right to make their own informed decision.	Fees:	None – this is a free service.
	Delivery:	By telephone
	Sessions:	Please contact the organisation for more details
	Area of Operation:	Bristol, Bath, and South Gloucestershire
	Referral:	Self-referral by email or telephone

Sands		
https://www.sands.org.uk helpline@sands.org.uk 0800 164 3332		
Sands are a UK-wide charity offering support to anyone who has experienced the loss of a baby. They offer support through a helpline, email, and webchat.	Fees:	None – this is a free service.
	Delivery:	Helpline, email, webchat
	Sessions:	N / A - helpline
	Area of Operation:	UK Wide
	Referral:	N / A

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Talking Therapies: Couples, Relationships, and Families

Network Counselling		
www.network.org.uk info@network.org.uk 0117 950 7271		
Network are a counselling service with a Christian ethos, for individuals or couples aged 16+. The service is open to all, irrespective of gender, sexual orientation, ethnic origin, or religion, and operates on a donation-per-session basis.	Fees:	No fixed fee; suggested donation of £32 per session.
	Delivery:	Remote, face-to-face
	Sessions:	Up to 12 sessions, with the possibility to extend
	Area of Operation:	Bristol and surrounding areas, Bath
	Referral:	Self-referral by email or phone

New Dawn Counselling Service		
www.newdawncic.co.uk newdawncounselling@gmail.com 01934 614 313		
New Dawn are a Community Interest Company providing affordable counselling to individuals and couples in Bridgwater and Weston-Super-Mare, to empower people with challenging personal issues to achieve change and wellbeing.	Fees:	Couples: £30 - £50 per session Assessment Fee: £20 for couples
	Delivery:	Online, telephone, face-to-face
	Sessions:	Variable based on client needs
	Area of Operation:	Somerset and North Somerset for remote, face-to-face available to all who can travel to Bridgwater or Weston-Super-Mare
	Referral:	Self-referral by email or phone

Heart to Heart Counselling		
www.hearttoheartbristol.co.uk hearttoheartbristol@gmail.com 07926314739		
Heart to Heart are a team of qualified and student counsellors who are passionate about providing low-cost counselling in the community. Counsellors use a person-centred approach and can offer counselling to children from the age of 12 as well as to individual adults and couples.	Fees:	£40 per session for couples
	Delivery:	Online, telephone, face-to-face
	Sessions:	Open-ended – client decides when to stop
	Area of Operation:	Bristol and surrounding areas
	Referral:	Self-referral by email or phone

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The Harbour www.the-harbour.org.uk/counselling info@the-harbour.org.uk 0117 925 9348	
<p>The Harbour offer counselling and psychotherapy to individuals and couples affected by life-threatening illness. Group therapy is also available.</p> <p>Services are for adults facing death or dying, adults close to someone facing death or dying, and adults who have recently (within two years) been bereaved following an illness.</p>	Fees: None – this is a free service.
	Delivery: Online and by telephone during COVID-19
	Sessions: Up to 16
	Area of Operation: Bristol, North Somerset, South Gloucestershire, Bath and North East Somerset, Somerset
	Referral: Self-referral by email, telephone, and website contact form.

Network Counselling www.network.org.uk info@network.org.uk 0117 950 7271	
<p>Network are a counselling service with a Christian ethos, for individuals or couples aged 16+. The service is open to all, irrespective of gender, sexual orientation, ethnic origin, or religion, and operates on a donation-per-session basis.</p>	Fees: No fixed fee; suggested donation of £32 per session.
	Delivery: Remote, face-to-face
	Sessions: Up to 12 sessions, with the possibility to extend
	Area of Operation: Bristol and surrounding areas, Bath
	Referral: Self-referral by email or phone

Relate Avon www.relate-avon.org.uk recep.relateavon@btconnect.com 0117 942 8444	
<p>Relate is the UK's biggest provider of relationship counselling and sex therapy. Relate Avon delivers these services relationship counselling, family counselling, divorce counselling, psychosexual therapy, and divorce counselling in the local area. Their services are LGBTQ+ affirmative.</p>	Fees: Variable, dependent on affordability.
	Delivery: Online and by telephone to individuals, couples, and families.
	Sessions: Open-ended – client decides when to stop.
	Area of Operation: Bristol, North Somerset, BANES, South Gloucestershire.
	Referral: Self-referral by email or phone

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Private Counselling and Therapy Directories

Bristol Mind does not directly endorse or recommend any one individual for-profit counsellor or therapy service. However, we understand that for some people, private therapy could be the most appropriate service.

Below are some directories you can use to find an accredited private therapist.

BACP find a therapist tool

<https://www.bacp.co.uk/search/Therapists>

The BACP (British Association for Counselling and Psychotherapy) keeps a register of bacp accredited therapists. You can search the register by problem or specialism, and by location. Search results will include a short bio of each therapist, as well as their per-session cost.

Counselling Directory

<https://www.counselling-directory.org.uk>

Counselling Directory keep a register of individual counsellors and counselling practices, searchable by specialism, delivery method, and client type. All therapists listed on the counselling directory website have been verified as members of a relevant professional body.

Pink Therapy

<http://www.pinktherapy.com/en-gb/findatherapist.aspx>

Pink Therapy offer an online directory of therapists of all sexualities and gender identities who work with gender and sexual diversity clients across the LGBTQ+ spectrum from a non-judgemental standpoint. Pink Therapy has verified that all entries have completed at least a diploma in counselling, but recommend that you verify qualifications and accreditation personally before commencing therapy.

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