



Bristol Mind Information Service:

0117 980 0370 | info@bristolmind.org.uk

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 **02/04/24**. If a more recent version has been published, it will be available at the following link:
<https://bristolmind.org.uk/advice-resources/>

Disclaimer: this is a signposting tool, not a list of recommendations. We cannot guarantee the quality of external links; please be aware that the inclusion of any project not operated by Bristol Mind should not be considered an endorsement of that organisation, their products, or their services. We endeavoured to make sure that all information was correct at the time of publishing, but details should be confirmed with the relevant organisation before requesting services. Registered Charity #1085171 Registered Company #04124744

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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, Face to Face
	Sessions:	Up to 16 sessions, with scope to extend.
	Area of Operation:	Bristol City Council area only
	Referral:	Self-referral by email

Meeting Minds LGBTQIA+ Counselling https://bristolmind.org.uk/lgbtqia+counselling/ counselling@bristolmind.org.uk		
Meeting Minds LGBTQIA+ is a primary care counselling service for LGBTQIA+ 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 LGBTQIA+.	Fees:	£20 - £35 per session, income-dependent. Hardship fees can be discussed.
	Delivery:	Online, telephone, Face to Face.
	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.

Disclaimer: this is a signposting tool, not a list of recommendations. We cannot guarantee the quality of external links; please be aware that the inclusion of any project not operated by Bristol Mind should not be considered an endorsement of that organisation, their products, or their services. We endeavoured to make sure that all information was correct at the time of publishing, but details should be confirmed with the relevant organisation before requesting services. Registered Charity #1085171 Registered Company #04124744

Women Without Borders - Refugee Counselling		
Bristol Mind - Women Without Borders Counselling Women.Without.Borders@bristolmind.org.uk		
Women Without Borders is a primary care counselling service for adult female identifying refugees and asylum seekers living in Bristol.	Fees:	None
	Delivery:	Online, Telephone, Face to Face
	Sessions:	Dependant of Client's needs
	Area of Delivery:	Bristol City only
	Referral:	Self-referral and referral from friends, family, and case workers, by email.

Mindline		
https://www.bristolmind.org.uk/mindline 0117 203 4419 – 7pm to 11pm Wednesday-Sunday		
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 emotional support service
	Delivery:	Telephone
	Sessions:	N / A – telephone helpline.
	Area of Delivery:	Bristol, North Somerset, and South Gloucestershire
	Referral:	N / A – telephone helpline.

Mindline Trans+ Mindline Trans + Mind in Somerset 0300 330 5468		
<p>Mindline trans+ is a confidential emotional and mental health support helpline for transgender and non-binary people, and their families and friends.</p> <p>Listeners have lived experience of being trans or non-binary.</p>	Fees:	Calls are charged at local rate, and should be inclusive to contract minutes
	Delivery:	Telephone helpline, open 8pm to 11pm Mondays & Fridays
	Sessions:	N / A – telephone helpline.
	Area of Delivery:	This is a national service that can be accessed by anyone.
	Referral:	N / A – telephone helpline

Talking Therapies: General

<p>Affordable Talk CIC Home Affordable Talk Ltd. (affordable-talk.co.uk) affordabletalkservice@gmail.com 07394 036773</p>		
<p>Affordable Talk aim to make counselling, CBT, and psychotherapy accessible to all.</p> <p>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</p>	Fees:	£15 - £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

<p>Avon Counselling and Psychotherapy Service Avon Counselling and Psychotherapy Service – Professional Counselling and Psychotherapy in Bristol and Bath (acps-bristol.org.uk) info@acps-bristol.org.uk 0117 930 4447 (10am - 3pm, Mon - Thu)</p>		
<p>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.</p>	<p>Fees:</p>	<p>From 1st September 2023 our standard fee is £58.00 per session. This is reviewed every year on 1st September.</p>
	<p>Delivery:</p>	<p>Online, telephone, face-to-face</p>
	<p>Sessions:</p>	<p>Up to 30 low-cost sessions; no limit on full price.</p>
	<p>Area of Operation:</p>	<p>South-West England</p>
	<p>Referral:</p>	<p>Self-referral by email or phone</p>

<p>Bath Centre for Psychotherapy and Counselling Psychotherapy & Counselling Training Bath, Bristol, Southwest (bcpc.org.uk) referralservice@bcpc.org.uk lowcostcounselling.bcpc@gmail.com 07734 392212</p>		
<p>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.</p>	<p>Fees:</p>	<p>£35 to £60 (with low-cost counselling as low as £5 or £7 per session per session)</p>
	<p>Delivery:</p>	<p>Online, Telephone, Face to Face</p>
	<p>Sessions:</p>	<p>10 Sessions</p>
	<p>Area of Delivery:</p>	<p>South-West England</p>
	<p>Referral:</p>	<p>Self-referral by email or phone</p>

Knowle West Health Association Counselling service Knowle West health association (wordpress.com) 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, Face to Face
	Sessions:	Open-ended – client decides when to stop
	Area of Delivery:	Based in Knowle. Can accept referrals across Bristol if willing to travel to Knowle.
	Referral:	Self-referral by email or phone

Network Counselling Affordable counselling and accredited counselling training in Bristol (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.	Fees:	Fixed charge of £25 per session.
	Delivery:	Remote, face-to-face
	Sessions:	Up to 24 sessions
	Area of Delivery:	Bristol, surrounding areas and Bath
	Referral:	Self-referral by email or phone

New Dawn Counselling Service New Dawn Counselling Service – Professional, affordable counselling for all (newdawnccic.co.uk) newdawnccounseling@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 - £60 per session Assessment Fee: £10 individual, £20 couple
	Delivery:	Online, telephone, face-to-face
	Sessions:	Variable based on client needs
	Area of Delivery:	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 Home - Heart to Heart Counselling - Low Cost Counselling Bristol (hearttoheartbristol.co.uk) hearttoheartbristol@gmail.com 07926314739		
Heart to Heart is 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:	£25 per session
	Delivery:	Online, telephone, face-to-face
	Sessions:	Open-Ended
	Area of Delivery:	Bristol and Surround areas
	Referral:	Self-referral by email or phone

Severnside Institute for Psychotherapy Reduced fee therapy with a trainee Bristol, Stroud, Somerset, Taunton (sipsychotherapy.org) 0117 927 3898		
The SIP provides psychotherapy across the Southwest of England. Low-cost psychotherapy is provided through the Training Patient Scheme, which matches clients with therapists in training.	Fees:	£25 – £35 per session Reduced Fee for Therapist in Training.
	Delivery:	Face to Face
	Sessions:	2 or 3 sessions a week for a minimum of 1 year
	Area of Delivery:	Bristol and surrounding areas
	Referral:	Self-referral – referral form on website

Tariki Trust Buddhist Psychology and Buddhist Counselling – Tariki Trust 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.	Fees:	Dependant of the practitioner
	Delivery:	Online
	Sessions:	Dependant on Client Need
	Area of Delivery:	Based in Bristol & South-West England, but open to anyone in the UK.
	Referral:	Self-referral by email

Vine Counselling Services Vine Counselling Services North Somerset - Home info@vinecounselling.org 01934 876377		
Vine is 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:	Donation based
	Delivery:	Online, Face to Face
	Sessions:	Open-ended – client decides when to stop
	Area of Delivery:	North Somerset only. Face-to-face sessions take place in Congresbury.
	Referral:	Self-referral by email or telephone

NHS Talking Therapies (Formally Vita Minds) NHS Talking Therapies - North Somerset & South Gloucestershire vitahealthgroup.co.uk 0333 200 1893		
NHS Talking Therapies 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:	This is a free service
	Delivery:	Online, face-to-face
	Sessions:	Variable dependent on service offered.
	Area of Delivery:	Bristol, North Somerset, and South Gloucestershire
	Referral:	Self-referral by online form or telephone. GP assisted referral available.

Wellspring Counselling Wellspring Counselling - Counselling for Adults and Young People 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: Full-time students over 25 years (no income) – £10 Qualifying Benefits* – £10 Up to £30,000 – £25 £30,000 to £45,000 – £35 £45,000 and above – £40
	Delivery: Online, Face to Face
	Sessions: Initially up to 6, with possibility of extension
	Area of Delivery: North Somerset
	Referral: Self-referral by email or telephone

Womankind Home - Womankind Bristol info@womankindbristol.org.uk 0345 458 2914	
Womankind offers 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: £50 (if working donation fee for low income clients)
	Delivery: Face-to-Face
	Sessions: Up to six months
	Area of Delivery: Bristol and Surrounding area
	Referral: Self-referral by email or telephone

24/7 NHS Support & Connect		
24/7 Support & Connect - Vita (vitahealthgroup.co.uk) 0800 953 1919		
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:	No fee, free call
	Delivery:	Telephone
	Sessions:	N/A
	Area of Delivery:	Avon and Wiltshire
	Referral:	N/A

Talking Therapies: Trauma and Abuse

Kinergy		
Home (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:	One-to-one and support groups
	Sessions:	18 one-hour sessions
	Area of Delivery:	Bristol, North Somerset, and South Gloucestershire
	Referral:	Self-Referral

SARSAS (Somerset and Avon Rape and Sexual Abuse Support) SARSAS Home SARSAS support@sarsas.org.uk 0117 929 9556 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 Delivery:	Counselling: North Somerset, South Gloucestershire, Bath and Northeast Somerset, Somerset Volunteer support: Bristol
	Referral:	Self-referral through phone or email

The Southmead Project Home Southmead Project Counselling and Support England 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:	Face-to-Face, Online, telephone
	Sessions:	Up to 30-42 sessions
	Area of Delivery:	Bristol and surrounding areas
	Referral:	Counselling: self-referral Nexus Counselling: referral through drug or alcohol services (e.g., Bristol ROADS)

The Bridge The Bridge - Help after rape and sexual assault (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 Delivery:	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 Home - The Green House (the-green-house.org.uk) info@the-green-house.org.uk 0117 935 1707		
The Green House offers a range of evidence-based individual (12 to 24 sessions) and group therapies to children and young people up to the age of 18 who have experienced sexual abuse, living in Bristol, Bath and North Somerset, Northeast Somerset, and South Gloucestershire. Therapy Services are available at our centre in St Paul's, Knowle West Health Park and online. All therapies can be accessed pre-trial – i.e., when a report has been made to the police and the criminal case is ongoing.	Fees:	None – this is a free service.
	Delivery:	Adults: Online, telephone Children: Face-to-face
	Sessions:	12 to 24 sessions
	Area of Delivery:	Bristol, Bath and North Somerset, Northeast Somerset, and South Gloucestershire.
	Referral:	Self-referral

Womankind Rape and Sexual Abuse Services		
Home - Womankind Bristol info@womankindbristol.org.uk 0808 801 0456		
<p>Womankind offers specific counselling for women aged 18+ who have experienced recent or historic rape, sexual assault, or sexual abuse.</p> <p>Referrals for this service are taken by SARSAS (0808 801 0456).</p>	Fees:	None – this is a free service.
	Delivery:	Online, face-to-face, telephone.
	Sessions:	12 – 18 sessions, dependent on client
	Area of Delivery:	Bristol postcodes only
	Referral:	Through SARSAS – call 0808 801 0456.

Missing Link / Next Link / Safe Link		
Missing Link – cutting edge women's mental health services (missinglinkhousing.co.uk) Home - Next Link (nextlinkhousing.co.uk) Safe Link – transforming victims' lives (safelinksupport.co.uk)		
<p>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.</p> <p>Counselling is offered to some clients.</p>	Fees:	None – this is a free service.
	Delivery:	Various delivery modes
	Sessions:	Variable
	Area of Delivery:	Services vary across Bristol, South Gloucestershire, and North Somerset.
	Referral:	Domestic abuse: 0800 470 0280 Sexual abuse: 0333 323 1543

NHS Talking Therapy

[NHS Talking Therapy | Vita Health Group](#)

0333 200 1893 | 24/7 Support and Connect helpline: 0800 0126549

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, face-to-face, telephone.
Sessions:	Variable dependent on service offered
Area of Delivery:	Bristol, North Somerset, and South Gloucestershire
Referral:	Self-referral by online form or telephone. GP assisted referral available.

Trauma Foundation South-West

[Tfsw | Trauma Foundation South West | England](#) | tfsw@tfsw.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 Delivery:	South-West.
Referral:	Self- or GP referral, by telephone.

Talking Therapies: Illness and Bereavement

Terrence Higgins Trust Counselling Terrence Higgins Trust (tht.org.uk) 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:	Between £30-£60
	Delivery:	Online, Face-to-Face (London, Brighton, and Glasgow)
	Sessions:	6-24 sessions
	Area of Delivery:	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 Counselling – The Harbour (the-harbour.org.uk) 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:	Face-to-Face, Online and by telephone
	Sessions:	Up to 16
	Area of Delivery:	Bristol, North Somerset, South Gloucestershire, Bath and Northeast Somerset, Somerset
	Referral:	Self-referral by email, telephone, and website contact form.

Rosie Crane Trust contact@rosiecranetrust.org 01460 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 the cost of therapy.
	Delivery:	Variable – therapy is provided by external agencies.
	Sessions:	Variable – therapy is provided by external agencies.
	Area of Delivery:	South-West England
	Referral:	Self-referral by email or telephone.

Talking Therapies: Black, Asian and Minority Ethnic

Nilaari Home - Nilaari Agency nilaari@nilaari.co.uk 0117 952 5742		
<p>Nilaari is a Black, Asian and Minority Ethnic led community-based charity delivering culturally appropriate and responsive social care support and talking therapies.</p> <p>Services include therapy, groups, and drop-ins.</p>	Fees:	None – this is a free service.
	Delivery:	1-2-1 Talking Therapies, 1-2-1 Key Working, Telephone Support, Peer to Peer Support
	Sessions:	Dependent on client needs
	Area of Delivery:	Bristol and surrounding areas
	Referral:	By phone or via a mental health professional

Off the Record (Bristol & South Gloucestershire)		
Home - OTR (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:	Face to face and support groups
	Sessions:	Up to 6
	Area of Delivery:	Bristol, South Gloucestershire, and North-East Somerset
	Referral:	Contact the organisation directly for details

Talking Therapies: Children and Young People

Heart to Heart Counselling		
Home - Heart to Heart Counselling - Low Cost Counselling Bristol (hearttoheartbristol.co.uk) hearttoheartbristol@gmail.com 07926314739		
Heart to Heart is 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 Delivery:	Bristol and surrounding areas
	Referral:	Self-referral by email or phone

Off the Record

[Home - OTR \(otrbristol.org.uk\)](http://otrbristol.org.uk) | hello@otrbristol.org.uk | **0808 808 9120** | [Off The Record BaNES Off the Record Bath and North | East Somerset \(offtherecord-banes.co.uk\)](http://offtherecord-banes.co.uk) | **01225 312481** | office@offtherecord-banes.co.uk

Off the Record offer a wide range of one-to-one therapies for young people aged 10 – 25 in Bristol, Bath, South Gloucestershire, and North-East Somerset.

Targeted therapies for LGBTQ+ and BAME people up to age 25, and a selection of workshops, groups, and social projects.

Fees:	None
Delivery:	Online, telephone, face-to-face
Sessions:	Up to 6, with scope to extend.
Area of Delivery:	Bristol, Bath, South Gloucestershire, and North-East Somerset.
Referral:	Contact the organisation directly for details

Wellspring Counselling

[Wellspring Counselling - Counselling for Adults and Young People](http://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 suggested donation of £10 for each session.
Delivery:	Facilities in Portishead, Clevedon, Weston super-Mare and Nailsea
Sessions:	Initially up to 6, with possibility of extension
Area of Delivery:	North Somerset only
Referral:	Self-referral by email or telephone.

Talking Therapies: University Internal Services

University of Bristol Student Counselling Service Student counselling Current students University of Bristol 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:	
	Sessions:	
	Area of Delivery:	UK-based students at the University of Bristol only.
	Referral:	

UWE Wellbeing Services https://www.uwe.ac.uk/life/health-and-wellbeing/get-wellbeing-support UWE to 85258 wellbeing@uwe.ac.uk		
The wellbeing service provides counselling to students – using a one at a time model and students can access 6 sessions across an academic year which they book when they need them.	Fees:	None this is a free service
	Delivery:	Phone, Text, Email and face to face
	Sessions:	6 sessions per academic year
	Area of Delivery:	UWE Students only
	Referral:	Self-Referral

Talking Therapies: Addiction

The Southmead project: Nexus counselling http://www.southmeadproject.org.uk/ nexus@southmeadproject.com 01179506022		
The Southmead project provides a specialist Counselling Service, Nexus Counselling for survivors of sexual abuse who have an addiction to drugs or alcohol. In order to be eligible, clients must already be engaged with drugs or alcohol services.	Fees:	None – this service is free
	Delivery:	Face to face, online,
	Sessions:	12 with scope to expand
	Area of Delivery:	Bristol
	Referral:	Referral for nexus via drug or alcohol worker (e.g. Bristol ROADS)

The Swan Project https://www.theswanproject.co.uk/ info@theswanproject.co.uk Telephone: 0117 924 7154 Text: 07787 374317		
The Swan Project offers low-cost counselling to anyone 18 and over who is suffering from addiction. Swan understands that addiction is not a stand-alone issue and is often a means of trying to cope with more underlying issues.	Fees:	£15 - £35 dependent on affordability.
	Delivery:	Online, Telephone, Face-to-face
	Sessions:	Up to two years
	Area of Delivery:	Bristol and surrounding areas
	Referral:	Self-referral through email and telephone. GP, employer, and professional agency referrals also accepted.



Talking Therapies and Listening Services: LGBTQIA+

Meeting Minds LGBTQIA+ Counselling Bristol Mind - Meeting Minds LGBTQIA+ counselling counselling@bristolmind.org.uk		
Meeting Minds LGBTQIA+ is a primary care counselling service for LGBTQIA+ 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 LGBTQIA+.	Fees:	£20 - £35 per session, income-dependent. Hardship fees can be discussed.
	Delivery:	Online, Face-to-face
	Sessions:	16 with scope to increase
	Area of Delivery:	Bristol City, 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 LGBTQIA+ services, including counselling, for those aged between 13 and 25.	Fees:	None – this is a free service.
	Delivery:	Online, Face-to-face, drop-in
	Sessions:	Up to 6
	Area of Delivery:	Bristol, South Gloucestershire.
	Referral:	Self-referral/Sign up

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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 Delivery:	UK-wide
Referral:	N/A

Mindline Trans+

<https://www.mindlinetrans.org.uk> | 0300 330 5468 – 8pm to 11pm 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:	0300 330 5468 – 8pm to 11pm on Fridays
Sessions:	N/A
Area of Delivery:	UK Wide
Referral:	N/A

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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:	Face-to-face or via zoom
	Sessions:	A minimum of 6, with scope to extend.
	Area of Delivery:	Bristol, South Gloucestershire, and North Somerset.
	Referral:	Self-referral by email

Sands https://www.sands.org.uk helpline@sands.org.uk 0808 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 Delivery:	UK Wide
	Referral:	N / A



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:	Fixed charge of £25 per session
	Delivery:	Remote, face-to-face
	Sessions:	Up to 24 sessions
	Area of Delivery:	Bristol and surrounding areas, Bath
	Referral:	Self-referral by email or phone

New Dawn Counselling Service Relationship counselling – New Dawn Counselling Service (newdawncic.co.uk) newdawncounselling@gmail.com 01934 614313 or 07985 170270		
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 - £60 per session Assessment Fee: £20 for couples
	Delivery:	Online, telephone, face-to-face
	Sessions:	Variable based on client needs
	Area of Delivery:	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

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Heart to Heart Counselling

www.hearttoheartbristol.co.uk | hearttoheartbristol@gmail.com | 07926314739

Heart to Heart is 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:	Variable based on client needs
Area of Delivery:	Bristol and surrounding areas
Referral:	Self-referral by email or phone

The Harbour

www.the-harbour.org.uk/counselling | info@the-harbour.org.uk | 0117 925 9348

The Harbour offer counselling and psychotherapy to individuals and couples affected by life-threatening illness.

Group therapy is also available.

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

Fees:	£65 per session. (If the fee of £65 is not possible for clients, we invite them to determine a sum which feels right for them.)
Delivery:	Face-to-Face, Online
Sessions:	Up to 16
Area of Delivery:	Bristol, North Somerset, South Gloucestershire, Bath and Northeast Somerset, Somerset
Referral:	Self-referral by email, telephone, and website contact form.

Relate Avon www.relate-avon.org.uk enquiries@relate-avon.org.uk 0117 942 8444		
<p>Relate is the UK's biggest provider of relationship counselling and sex therapy.</p> <p>Relate Avon delivers these services relationship counselling, family counselling, divorce counselling, psychosexual therapy, and divorce counselling in the local area.</p> <p>Their services are LGBTQIA+ affirmative</p>	Fees:	£65 and according to your income.
	Delivery:	Face-to-face, Online and by telephone to individuals, couples, and families.
	Sessions:	Open-ended – client decides when to stop.
	Area of Delivery:	Bristol, North Somerset, BANES, South Gloucestershire.
	Referral:	Self-referral by email or phone

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

<https://pinktherapy.com/find-a-therapist/>

Pink Therapy offer an online directory of therapists of all sexualities and gender identities who work with gender and sexual diversity clients across the LGBTQIA+ 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.