

# Free or Low-Cost Counselling

(LGBTQ+ specific)

*Please note due to Coronavirus these organizations may be operating differently/ online only. Please get in touch with them to find out more.*

- **ClinicQ:** <https://cliniq.org.uk/counselling/>
- **Trans+** <https://dean.st/trans-non-binary/>
- **Metro Charity:** <https://metrocharity.org.uk/mental-health/lgbt-counselling-for-adults> (Low-cost counselling Greenwich and Lewisham boroughs only)
- **London Friend:** <http://londonfriend.org.uk/get-support/counselling/>
- **Elop:** <http://www.elop.org>
- **Naz:** <https://naz.org.uk/counselling/>
- **Albany Trust:** <https://www.albanytrust.org/therapy>

## Private LGBTQ+ Therapists

- **Gendered Intelligence:**  
<http://genderedintelligence.co.uk/professionals/therapists-and-counsellors/directory> (directory of private therapists with specific training in working with trans and NB communities).
- **Pink Therapy:** <https://www.pinktherapy.com> (directory of private LGBTQ+ therapists some of whom offer concessions)

## Free or Low-Cost Therapy (general/non-LGBTQ+ specific)

Some are only for people who work or live in the specific boroughs, please check on inquiry.

- **Free Psychotherapy Network:** <https://freepsychotherapynetwork.com/>  
Directory of low-cost or free therapy with private practitioners.
- **Free Local NHS IAPT service** - Search online with IAPT and your Borough
- **Community Counselling:** <http://www.communitycounselling.org.uk>
- **Balham Community Centre:**  
<https://www.balhamcommunitycentre.com/counselling-service>
- **Waterloo Community Counselling:**  
<https://www.waterloocc.co.uk/counselling-psychotherapy/>
- **Bowlby Centre – Blues Project**  
<https://thebowlbycentre.org.uk/psychotherapy/the-blues-project/>

- **Wimbledon Guild:** <https://www.wimbledonguild.co.uk/talking-therapies/how-talking-therapies-help>
- **Awareness Centre:** <https://theawarenesscentre.com/therapy-services/lgbt-counselling/>
- **Psychosynthesis Trust:** <https://psychosynthesistrust.org.uk/counselling/>
- **West London Centre Counselling:** <http://www.wlcc.org.uk/about.html>
- **Minster Centre:** <https://www.minstercentre.ac.uk/therapy/>

## Specialist Organisations

- **BAATN** – <https://www.baatn.org.uk/find-a-therapist/> A UK directory of Black, Asian and ethnic minority counsellors and psychotherapists. <https://www.baatn.org.uk/free-services/#online>
- **Maya Centre** – <https://www.mayacentre.org.uk/> London based free counselling service for women experiencing mental health issues.
- **Nafsiyat** - <https://www.nafsiyat.org.uk/> Offers Intercultural psychotherapy and counselling
- **One in Four** : <https://www.oneinfour.org.uk/counselling/> - One in Four specializes in supporting survivors of sexual violence and abuse