

A GUIDE TO BRIGHTON & HOVE COUNSELLING SERVICES (FREE & LOW COST)

This list is compiled by Mind in Brighton and Hove as a guide to counselling services in the city. All content is taken from the organisations own material.

Mind in Brighton and Hove is unable to recommend any particular counselling services and you are always advised to confirm costs and services with the organisation concerned. Note that services sometimes have a waiting list and there can be changes to how services are delivered, so please do check directly with any agency you wish to use. This list is a guide to local services only. We also suggest that you check the qualifications, supervision and the ethical principles of any service you contact.

There are four sections:

'ADULTS: General Services' - organisations that offer low cost, free or discounted counselling with flexibility to discuss any topic – please do check with the organisation to confirm the services provided.

'ADULTS: Specific topic' - organisations that offer low cost, free or discounted counselling which is subject specific (e.g. domestic violence).

'CHILDREN & YOUNG PEOPLE' – provides information on organisations which provide counselling services for people up to the age of 25.

'DIRECTORIES OF PRIVATE THERAPISTS' - gives details of registering bodies and organisations that provide lists and directories which can be used to find a local counsellor or therapist. However, we cannot guarantee these practitioners will be low cost/free/discounted.

ADULTS			
GENERAL SERVICES			
Service	Contact Information	Service Details	Cost
Age UK	Phone: 01273 720603	Counselling for people aged 50+ living in the Brighton and Hove area with a qualified counsellor who can visit your	Between £10 and £25 per session

<p>29-31 Prestonville Road, Brighton, BN1 3TJ</p>	<p>Email: info@ageuk-bh.org.uk</p> <p>Website: www.ageuk.org.uk/brightonandhove</p>	<p>home if necessary.</p>	<p>The people who use the counselling service choose what they feel able to pay – there is no means testing but they are asked to contribute</p>
<p>AS YOU ARE</p> <p>The Corner House, 45 Southwick Street, Southwick, West Sussex, BN42 4TH</p>	<p>Phone: 01273 871 576 (press option 2 for As You Are)</p> <p>or 07952 754 859 or 07507 706 478</p> <p>Email: info@asyouarecentre.co.uk</p> <p>Website: www.asyouarecentre.co.uk</p>	<p>Offers counselling and group work for depression, stress and anxiety, bereavement, relationship difficulties and more. For people living in Brighton, Hove, Portslade, Southwick, Shoreham, Lancing and Worthing. They offer group work, couple or individual sessions – up to 24 weekly 50 minute sessions.</p>	<p>Sliding scale of £8 - £35 per session,</p> <p>Between £16 - £40 for duo/couples counselling</p>
<p>BHT Mental Health and Wellbeing Service</p> <p>Second Floor 27-29 North Street, Brighton, BN1 1EB</p>	<p>Phone: 01273 929471</p> <p>Email: wellbeing@bht.org.uk</p> <p>Website: www.bht.org.uk/services/mental-health-and-wellbeing</p>	<p>Offering individual counselling up to 8 sessions for residents of Brighton and Hove. They work with those experiencing emotional difficulties or mental ill health, providing qualified counsellors.</p>	<p>FREE</p>
		<p>An NHS service of qualified mental health specialists and</p>	

<p>Brighton and Hove Wellbeing Service</p> <p>Brighton and Hove Wellbeing Service 5th Floor, 177 Preston Road, Brighton, BN1 6AG</p>	<p>Phone: 0300 002 0060</p> <p>Email: bics.brighton-and-hove-wellbeing@nhs.net</p> <p>Website: www.brightonandhovewellbeing.org</p>	<p>support workers who are trained to provide short term therapeutic interventions and talking therapies. They support people with emotional and psychological difficulties and provide help with employment issues and other practical or social issues for those receiving therapy. Talking therapy and workshops on depression, anxiety, confidence, assertiveness and stress are available. Access is via GP referral or to self-refer contact the service directly.</p>	<p>FREE NHS Service</p>
<p>Brighton Therapy Centre</p> <p>23A New Road Brighton BN1 1UG</p>	<p>Phone: 01273 626444 or 07910 032333</p> <p>Email: info@brightontherapycentre.org.uk</p> <p>Website: www.brightontherapycentre.org.uk</p>	<p>Brighton Therapy Centre is a local registered charity that provides counselling, therapy, psychological services, courses and workshops for all ages (children and adults). There are a variety of options available including CBT. There are also LGBTQI and non-LGBTQI practitioners who are equipped to create a safe place for all diversities.</p>	<p>£15 per session with trainee therapists</p> <p>However, not all types of therapy are available at this cost i.e. minimal cost of Cognitive Behavioural Therapy (CBT) is £30 per session.</p> <p>£10-£35 for group sessions lasting 90 – 120 minutes</p>
<p>Brighton</p>	<p>Phone:</p>	<p>Brighton Women's Centre Counselling Service works in</p>	<p>FREE NHS</p>

<p>Women's Centre</p> <p>72 High Street, Brighton, BN2 1RP</p>	<p>01273 698036</p> <p>Email: info@womenscentre.org.uk</p> <p>Website: www.womenscentre.org.uk</p>	<p>partnership with the Brighton and Hove Wellbeing Service (listed above). The NHS Wellbeing Service will assess and refer to the Brighton Women's Centre Counselling service when counselling is understood as the most appropriate support at a Wellbeing Service assessment. . The Wellbeing Services assessment is a general assessment for psychological therapies including Counselling and CBT. Their team of experienced counsellors offer short term counselling to women who experience anxiety and/or depression due to a range of circumstances and life experiences.</p>	<p>Service</p>
<p>Carer's Centre</p> <p>18 Bedford Place, Brighton, BN1 2PT</p>	<p>Phone: 01273 746222</p> <p>Email: info@thecarerscentre.org</p> <p>Website: www.thecarerscentre.org</p>	<p>Limited-availability, free counselling for carers of people with mental health issues and dementia. For Brighton and Hove residents. If the service is not available at the time a carer is referred, they will be signposted to alternative sources of counselling. Professionals should make a referral using the online referral form or making phone contact with the Carers Centre.</p>	<p>FREE</p>

<p>Psychology Sussex</p> <p>6 The Drive Brighton and Hove Sussex BN3 3JA</p>	<p>Phone: 01273 778123</p> <p>Email: admin@psychologysussex.com</p> <p>Website: www.psychologysussex.com</p>	<p>Psychology Sussex works therapeutically with clients aged 16+ suffering from a broad range of complex psychological difficulties (for example, the effects of childhood sexual abuse, relationship breakdown, domestic violence, major trauma and more) and offer individually formulated therapeutic approaches to address all symptoms of psychological disorder or distress (such as anxiety, depression, eating disorders, post-traumatic stress disorder, psychosis).</p>	<p>£15-£20 with trainee counsellor</p>
<p>Release</p>	<p>Phone: 07954 216995</p> <p>Email: ellen@releaseforwomen.org.uk</p> <p>Website: www.releaseforwomen.org.uk</p>	<p>Release offers counselling to women over the age of 13, providing opportunity to change how they feel and to live better. Release is open to all women regardless of age, gender, race, nationality, faith, sexual orientation or disability.</p> <p>People can self refer for an initial assessment.</p>	<p>Sliding scale of £20- £40 per hour for one to one sessions</p>
<p>Rock Clinic</p>	<p>Phone: Rock East: 01273 621841 Rock West: 01273 326826</p>	<p>Counselling at the Rock Clinic is based on the principles of psychoanalysis and associated</p>	<p>Low Cost Counselling Scheme:</p>

<p>Two Locations:</p> <p>Rock East, 270 Eastern Road, Brighton BN2 5TA</p> <p>Rock West, 8 Western Street, Brighton BN1 2PG</p>	<p>Email: Rock East: east@rockclinic.org.uk Rock West: west@rockclinic.org.uk</p> <p>Website: www.rockclinic.org.uk</p>	<p>psychological theories, and aims to explore difficulties and dilemmas in the context of a therapeutic relationship.</p> <p>Through the supportive relationship with the counsellor upsetting thoughts and feelings can be explored in a safe, confidential and secure setting.</p>	<p>approx. £15</p> <p>Reduced Cost Psychotherapy per session: approx. £10 - 20</p> <p>Intermediate Cost Scheme: approx. £30 (includes counselling, psychodynamic psychotherapy and Cognitive Behavioural Therapy (CBT)).</p>
<p>SPEAKEASY</p> <p>119/120 Edward Street, Brighton, BN2 0JL</p>	<p>Phone: 01273 684856</p> <p>No Email or Website</p>	<p>One practitioner based at Ananhata Health Centre, offering low cost person centred counselling to people on benefits or low income. No limit to number of sessions.</p>	<p>Flexible depending on income but usually around £10 a session</p>
<p>Sussex Community Counselling</p> <p>31A High Street, Newhaven, BN9 9PD</p>	<p>Phone: 01273 519108</p> <p>Email: counselling@sussexcommunity.org.uk</p> <p>Website: www.sussexcommunity.org.uk/wellbeing-</p>	<p>Low cost counselling for anyone aged 16+, up to 12 sessions offered.</p>	<p>£12 - £25 per session depending on income and initial assessment £10</p>

	safety/counselling		
University of Brighton Counselling Service	<p>There are counselling services available at each campus. See contact details below to find a relevant service.</p> <p>Website: www.brighton.ac.uk/current-students/my-student-life/health-and-wellbeing/need-to-speak-to-someone/index.aspx</p> <p>Grand Parade: Location: Student Services, main building, Grand Parade Email: counsellinggrandparade@brighton.ac.uk Phone: 01273 643187</p> <p>Falmer: Location: E wing, Checkland Building, Falmer</p> <p>Email: counsellingfalmer@brighton.ac.uk Phone: 01273 643584</p> <p>Moulsecoomb: Location:</p>	<p>The counselling service is a safe, confidential environment for students to discuss concerns and learn some coping strategies. The sessions are about empowering people to find a balance enabling them to achieve the most from university. The counsellor's role is to offer support and understanding, and to listen and respond in a non-judgemental, non-critical way.</p> <p>Appointments can be made by phone, by email or by visiting the local Student Services office. Appointments are available at all sites on weekdays throughout term time, and some limited appointments are available during vacations.</p>	<p>FREE to any current University of Brighton students</p>

	<p>Manor House, Moulsecomb Place, Moulsecomb Email: counsellingmoulsecomb@brighton.ac.uk Phone: 01273 642895</p> <p><u>Eastbourne:</u> Location: Trevin Towers, Gaudick Road, Eastbourne Email: counsellingeastbourne@brighton.ac.uk Phone: 01273 643845</p> <p><u>Hastings:</u> Location: Havelock Road, Hastings Email: hastingsstudentservices@brighton.ac.uk Phone: 01273 644643</p>		
<p>University of Sussex Counselling Service</p> <p>Health Centre Building, University</p>	<p>Website: www.sussex.ac.uk/counselling/appointments</p> <p>Email: counsellingreception@sussex.ac.uk</p> <p>Phone: 01273 678156</p>	<p>1-1 ongoing counselling sessions, workshops and groups for students. Usually those requesting 1-1 counselling will be offered up to six weekly 50min sessions. Access to 1-1 therapy is after an Initial Interview to discuss if counselling is appropriate. To make an Initial Interview appointment, book online via the</p>	<p>FREE to students and their partners</p>

of Sussex, Falmer,
Brighton, BN1 9RW

counselling webpage within
Sussex Direct.

Therapies Offered: Individual
psychodynamic therapy,
Cognitive behavioural therapy,
Dynamic Interpersonal Therapy,
Group therapy, Systemic
therapy for student couples,
Eating Disorders Group, Drug
and Alcohol Counselling
programme

Workshops Offered: “Manage
your Mood”, “Procrastination”
and “Insomnia”.

SPECIFIC TOPIC

**Alternatives
Pregnancy
Counselling**

Phone:
01273 207010

Email:

“Alternatives was born out of
a desire to create a safe,
friendly, unbiased space to
explore the options of a
crisis pregnancy. If

**£20 – £40 for each
individual session
or £25 – £60 for a
couple session**

<p>Centre</p> <p>21-23 Clarendon Villas, Hove, BN3 3RE</p>	<p>office@alternatives-brighton.org</p> <p>Website: www.alternatives-brighton.org</p>	<p>required, we offer ongoing support whatever choice the client makes.”</p> <p>Initiative of local churches, member of BACP, providing counselling, support and information to people facing an unplanned pregnancy or a pregnancy loss (post-abortion or -miscarriage). Counselling offered to partners.</p>	<p>(depending on your financial situation).</p> <p>Alternatives operates on a sliding- scale system so as to not exclude anybody. This means you can pay anything between the guideline prices.</p>
<p>BPAS</p> <p>Wistons Clinic, 138 Dyke Road, Brighton, East Sussex BN1 5PA</p>	<p>Phone: 03457 304030</p> <p>Email: info@bpas.org</p> <p>Website: www.bpas.org/clinics.php?clinic=24</p>	<p>Offers pregnancy and termination-of-pregnancy counselling, as well as counselling at any point after having an abortion.</p>	<p>FREE to BPAS clients</p>
<p>Breakeven Sussex</p> <p>Brighton Business Centre, 95 Ditchling</p>	<p>Phone: 01273 833722</p> <p>Email: info@breakeven.org.uk</p>	<p>Provide free specialist counselling for anyone affected by problem gambling.</p>	<p>FREE Donations gratefully received</p>

<p>Road, Brighton, East Sussex</p>	<p>Website: www.breakeven.org.uk</p>		
<p>Brighton Metropolitan College (Brighton MET)</p> <p>Student Support Office in room PT2.14, 2nd floor, Pelham Tower, Brighton MET, Pelham Street, Brighton, East Sussex, BN1 4FA</p>	<p>Phone (Main Switchboard): 01273 667788</p> <p>Email: counsellors@ccb.ac.uk</p> <p>Website: www.ccb.ac.uk/public/courses/counselling</p>	<p>Once enrolled at the City College of Brighton and Hove students can access the Counselling Service. The Counselling Service is open to all full and part-time students.</p> <p>An initial assessment session of up to 45 minutes will be offered. Following the assessment students are likely to be offered between 6 and 12 counselling sessions which would usually take place once a week. Should longer term counselling seem helpful, longer term counselling can be discussed.</p>	<p>FREE to full or part-time students at Brighton MET</p>
<p>Cruse Bereavement Care</p> <p>Community</p>	<p>Phone: 01273 234007</p> <p>Email: brighton@cruse.org.uk eastsussex@cruse.org.uk</p>	<p>Cruse Bereavement Care, offers a nationwide network of confidential support and information to bereaved people of all ages.</p> <p>However recent or long ago the bereavement was,</p>	<p>FREE</p>

<p>Base, 113 Queens Road, Brighton BN1 3XG</p>	<p>Website: www.cruse.org.uk/east-sussex-area</p>	<p>individuals can approach Cruse at any time for practical information and support. As well as individual one-to-one support, Cruse facilitates Drop-in services which can be attended without an appointment.</p>	
<p>Headway East Sussex (covers Brighton & Hove)</p> <p>Headway East Sussex, Headway House, Jackies Lane, Newick, East Sussex, BN8 4QX</p>	<p>Phone: 01825 724323</p> <p>Email: info@headway-hp.co.uk trudy.mayes@headway-hp.co.uk</p> <p>Website: www.headwayeastsussex.org.uk</p>	<p>Headway East Sussex offers rehabilitation and support services for people with acquired brain injuries, their families and carers.</p> <p>Headway provide a full range of day services, offering tailored rehabilitation and reablement programmes, as well as a variety of advice and support services.</p> <p>Headway accept referrals for adults with a confirmed diagnosis of acquired brain injury (i.e. stroke, accident, tumour, sporting injury, assault or injury sustained since birth). The person must be over 18 however, the injury can have occurred at any age. Referrals can be made by anyone. Confirmation of brain injury will be sought from a GP for self-referrals or referrals from</p>	<p>£10 per session to cover costs</p>

<p>Male Sexual Problem Clinic</p> <p>Clinic: Mile Oak Medical Centre Chalky Road, Portslade BN41 2WF</p> <p>Contact: Jane Travis, Hove Poly Clinic, Neville Ave, Hove, BN3 7HY</p>	<p>Phone: 01273 265913</p> <p>Email: N/A</p> <p>Website: www.sussexcommunity.nhs.uk/services/serviceDetails.htm?directoryID=16321</p>	<p>a non-clinician.</p> <p>Referrals by GP for over 18s. (Physical investigations must have been completed before a referral can be made). A psychosexual therapist accredited with the College of Sexual & Relationship Therapists, provides help, advice and therapy for men and their partners for whom there is a sexual problem be it organic or psychological in origin. Maximum of six 50 min sessions. Examples are erectile dysfunction, ejaculatory disorders, and desire disorders.</p>	<p>FREE</p>
<p>Mankind UK</p> <p>1 Brunswick Road, Hove, East Sussex BN1 3DG</p>	<p>Phone: 01273 680911</p> <p>Email: admin@mkcharity.org</p> <p>Website: www.mkcharity.org</p>	<p>Mankind supports men (18+) through the different stages of dealing with the effects of unwanted sexual experiences.</p> <p>There is a structured programme of services that have been designed to help men move forward with their lives: An initial meeting, one to one counselling, a Psycho-Educational Group and a Progress Group.</p>	<p>FREE - Services are paid for by funders.</p> <p>However, for those that wish to make a donation, there is a sliding scale that starts at £1 per session.</p>

		Domestic violence is a different specialist area so Mankind do not provide services for men who have experienced domestic violence.	
Marriage Care Cassidy Centre, St Mary's Church, 5 Surrenden Road, Preston Park, Brighton, BN1 6PA	Phone: 0800 389 3801 or 01159 934255 Email: online web form Website: www.marriagecare.org.uk	Marriage Care specialise in helping couples – married or not – build and sustain strong, fulfilling, healthy relationships, and in providing support in times of relationship difficulty .	£10 registration fee A contribution / donation per session is requested but this is not a fixed amount, nor will people be turned away if not able to pay.
Pavilions Richmond House, Richmond Road, Brighton, BN2 3FT	Phone: 01273 731900 Email: referrals@pavilions.org.uk Website: www.pavilions.org.uk	Pavilions is a Drug & Alcohol Service for people aged 18 and over who live Brighton & Hove. Support is available to anyone concerned about their drug or alcohol use, or for the families & carers supporting those struggling with substance misuse.	FREE
Relate 58 Preston Road Brighton	Phone: 01273 697997 Email:	Relate offers a range of services to help individuals with their couple or family relationships whether they are young or old, straight, gay	Between £20 - £60 for Relationship, Family and Children & Young People's

<p>East Sussex BN1 6GG</p>	<p>reception@brightonrelate.org.uk</p> <p>Website: www.relate.org.uk/sussex</p>	<p>or bi, single or in a relationship. Services offered:</p> <ul style="list-style-type: none"> - Relationship counselling - Sex Therapy - Family Counselling - Mediation - Children and Young People's Counselling - Counselling for Carers - Counselling for people living with cancer or a long term health condition <p>We can help with the big relationship threatening problems as well as the issues that just make things a little less than perfect. Even if things are going well, we can help keep things that way.</p>	<p>Counselling.</p> <p>Their charges vary depending on your income and number of dependent children.</p> <p>FREE – Counselling for Carers when referred through the Carer's Centre</p>
<p>RISE</p> <p>RISE PO Box 889 Brighton BN2 1GH</p>	<p>Phone: 01273 622822 (RISE Helpline) 0808 2000 247 (National 24 hour Domestic Violence Helpline)</p> <p>If you are in danger call 999</p> <p>Email: Web based form (General Enquiries)</p>	<p>RISE works with individuals who have had experiences of domestic or intimate partner violence, emotional and sexual abuse and coercive control. RISE offers both self-referral and professional referral routes into the clinical service.</p>	<p>Sliding Scale - Adults</p> <p>However, no one will be stopped from accessing therapy if they cannot afford to pay.</p> <p>FREE - 13-16 year olds.</p>

	<p>Please note, emails sent using this form are not monitored daily.</p> <p>Website: www.riseuk.org.uk</p>		<p>Nominal Fee - Parents of 5-12 year olds.</p>
<p>Sussex Community Counselling</p> <p>31A High Street, Newhaven, BN9 9PD</p>	<p>Phone: 01273 519108</p> <p>Email: counselling@sussexcommunity.org.uk</p> <p>Website: www.sussexcommunity.org.uk/wellbeing-safety/counselling</p>	<p>The Haven Project is a low cost counselling service for people who have been sexually abused or raped. Up to 18 sessions offered.</p> <p>Support for Survivors of Suicide offers one to one and group support across East Sussex to anyone who is thinking about suicide, or affected by suicide or attempted suicide.</p>	<p><u>The Haven Project:</u> £12 - £25 per session depending on income and initial assessment £10</p> <p><u>Support for Survivors of Suicide:</u> FREE</p>
<p>Survivors Network Counselling Service</p>	<p>Phone: 01273 203380</p> <p>Email: info@survivorsnetwork.org.uk (General Enquiries)</p> <p>yptherapists@survivorsnetwork.org.uk (individuals under 18)</p>	<p>Counselling for self identifying women aged over 14, and young men aged 14 - 18, who have experienced rape or sexual abuse at any time in their lives. There is a waiting list. Contact by phone or e-mail to self-refer.</p>	<p>Clients are requested to donate whatever they can afford. Inability to donate does not exclude one from being able to access this service. Free to those under 18.</p>

	Website: www.survivorsnetwork.org.uk		
Terrence Higgins Trust 61 Ship Street, Brighton, BN1 1AE	Phone: 01273 764200 Email: info@tth.org.uk Website: www.tth.org.uk	This counselling service is available to anyone over 18 affected or infected by HIV or for gay men living in Brighton or Hove . They can usually offer support via an interpreter to someone who's first language is not English.	Free, unlimited sessions

CHILDREN & YOUNG PEOPLE

Service	Contact Information	Service Details	Cost
Brighton OASIS Project 11 Richmond Place, Brighton,	Phone: 01273 696970 Email: info@brightonoasisproject.co.uk	Brighton Oasis Project is a substance misuse service for women and their children. They also provide a specialise service for young women who have experienced abuse in	FREE

<p>BN2 9NA</p>	<p>Website: www.oasisproject.org.uk</p>	<p>childhood.</p> <p>YOUNG OASIS Children and young people can be referred to our Young Oasis Therapy Service for children and young people. All therapists work creatively, so when words are difficult, feelings can be worked with using images, paints, clay, music and puppets.</p> <p>YOUNG WOMEN We are a specialist service providing free individual confidential therapy for young women (aged between 18 - 25) who have experienced violence, abuse, neglect or disadvantage in their early lives.</p>	
<p>Child and Adolescent Mental Health Service (CAMHS)</p> <p>CAMHS, The Aldrington Centre, New Church road,</p>	<p>Phone (Urgent Enquires and Referrals): 01273 718680</p> <p>Phone (Pre-Referral Consultation): East Brighton: 01273 293481 North East Brighton: 01273 290359 Central Brighton & Hove: 01273 290545 West Brighton & Hove: 01273 294411</p> <p>Website: www.brighton-hove.gov.uk/content/children-</p>	<p>The Children and Adolescent Mental Health Service (CAMHS) and the Community CAMHS team work closely together to support children and young people with emotional and mental health needs.</p> <p>The Community CAMHS team offers a consultation service to parents, carers and professionals. This is where</p>	<p>FREE NHS Service</p>

Hove, BN3 4AG	and-education/childrens-services/child-and-adolescent-mental-health-services-camhs	<p>there is an opportunity to discuss your concerns about a young person's emotional wellbeing or mental health before a referral is made. Experience shows that an early consultation can often address concerns and save the need for a referral.</p> <p>If you would like a consultation please contact the team via the 'Pre-referral' phone numbers to the left in the contact information.</p>	
Release	<p>Phone: 07954 216995</p> <p>Email: ellen@releaseforwomen.org.uk</p> <p>Website: www.releaseforwomen.org.uk</p>	<p>Release offers counselling to women over the age of 13, providing opportunity to change how they feel and to live better. Release is open to all women regardless of age, gender, race, nationality, faith, sexual orientation or disability.</p> <p>People can self refer for an initial assessment.</p>	<p>Sliding scale of £20- £40 per hour for one to one sessions</p>
Right Here Brighton & Hove	<p>Phone: 07850500420 (Wellbeing Activities Co-ordinator) 07912479967 (Right Here Project Manager)</p> <p>Email:</p>	<p>Right Here Brighton & Hove runs a group walking activity designed to support 6 young people aged 18-25 who are experiencing social anxiety or isolation, involving</p>	<p>FREE</p>

<p>Right Here, Dialogue, 65 Blatchington Road, Hove, BN3 3YJ</p>	<p>rh.activities@ymcadlg.org</p> <p>Website: right-here-brightonandhove.org.uk</p>	<p>1-to-1s with a counsellor before and after the walk. The walk itself is in Stanmer Park, and involves ice-breaker games and discussions, supported by a counsellor as well as the activity coordinator and a Right Here volunteer.</p>	
<p>YMCA – Downs Link Group</p> <p>65 Blatchington Road, Hove BN3 3YJ</p>	<p><u>Counselling (13-25 year olds)</u> Phone: 01273 624432</p> <p>Email: community.counselling@YMCA.dlg.org</p> <p>Website: www.ymcadlg.org</p> <p><u>Counselling & Wellbeing project</u> Phone: 07734 791196</p> <p>Email: rhian.gower@ymcadlg.org</p> <p><u>e-Motion</u> Phone:</p>	<p>Community Counselling Service for 13-25 year olds. Young people can self-refer or be referred by other services. Young people can also go to the Youth Advice Centre (YAC) 01273 624432 to be referred, drop in between 3pm and 6pm.</p> <p>All counselling sessions are by appointment only, there is a waiting list .</p> <p>Counselling and Wellbeing project in Whitehawk offers FREE counselling for young people aged 13 – 25 living in and around Whitehawk. We can offer up to eight sessions.</p>	<p>FREE of charge, usually offered around 12 sessions, evening appointments available.</p>

	<p>07734 791196</p> <p>Email: frankie@e-motionbh.org.uk</p> <p>Website: www.e-motionbh.org.uk</p>	<p>e-Motion Young people aged 13-25 who live in the Brighton & Hove area can access FREE online counselling here.</p>	
<p>Young Peoples' Centre (YPC)</p> <p>69 Ship Street, Brighton BN1 1AE</p>	<p>Phone: 01273 711633</p> <p>Text: 07876 865950</p> <p>Email: counselling.ypc@impact-initiatives.org.uk</p> <p>Website: www.youngpeoplescentre.org.uk/counselling</p>	<p>The Young Peoples' Centre provides a range of services for vulnerable young people aged 13 to 25, who have multiple needs related to their physical, mental and sexual health. They provide free, confidential counselling to young people aged 13 to 25 years old in Brighton and the surrounding area.</p>	<p>FREE – 12 sessions</p>

DIRECTORIES OF PRIVATE THERAPISTS
(costs may vary, these are not specifically free/low cost)

Service	Contact Information	Service Details
<p>British Association for Counselling and Psychotherapy</p>	<p>Phone: 01455 883300</p> <p>Text: 01455 560606</p> <p>Email:</p>	<p>A directory of accredited counsellors and psychotherapists is provided on the website. Clients can find someone who belongs to a register approved by the Professional Standards Authority for Health and Social Care.</p>

<p>(BACP)</p> <p>BACP House, 15 St. John's Business Park, Lutterworth, Leicestershire LE17 4HB</p>	<p>bacp@bacp.co.uk</p> <p>Website: www.bacp.co.uk</p>	
<p>British Psychological Society (BPS)</p> <p>St Andrew's House, 48 Princess Road East, Leicester LE1 7DR</p>	<p>Phone: 0116 254 9568</p> <p>Email: www.bps.org.uk</p> <p>Website: enquiries@bps.org.uk</p>	<p>BPS is the representative body for psychology and psychologists in the UK. They provide an online searchable 'Directory of Chartered Psychologists' so individuals can find someone in their local area.</p>
<p>Psychotherapy Sussex</p>	<p>Phone: N/A</p> <p>Email: Online Form</p> <p>Website: www.psychotherapy-sussex.org.uk</p>	<p>Psychotherapy Sussex is an association of over 70 professionally qualified and registered analytic psychotherapists practising in Brighton and Hove and across Sussex. They provide services for a wide range of psychological and relationship difficulties:</p> <ul style="list-style-type: none"> • Individual Psychotherapy • Group Psychotherapy • Couple Psychotherapy • Child and Adolescent Psychotherapy
<p>BABCP (British</p>	<p>Phone:</p>	<p>BABCP provides an online searchable directory of</p>

<p>Association for Behavioural and Cognitive Psychotherapies)</p> <p>Imperial House, Hornby Street, Bury, Lancashire BL9 5BN</p>	<p>0161 705 4304</p> <p>Email: babcp@babcp.com</p> <p>Website: www.babcp.com</p>	<p>accredited cognitive behaviour therapists.</p>
<p>British Psychoanalytic Council</p> <p>Suite 7, 19-23 Wedmore Street, London N19 4RU</p>	<p>Phone: 020 7561 9240</p> <p>Email: mail@bpc.org.uk</p> <p>Website: www.bpc.org.uk</p>	<p>A professional association and regulator of the psychoanalytic psychotherapy profession. Provided is an online searchable database of practitioners to enable clients to find a therapist.</p>
<p>Counselling Directory</p> <p>Counselling Directory, Building 3 Riverside Way, Camberley Surrey, GU15 3YL</p>	<p>Phone: 0333 3447 990</p> <p>Email: N/A</p> <p>Website: www.counselling-directory.org.uk</p>	<p>List of counsellors and psychotherapists who are members of a recognised professional body. They provide a searchable online database of counsellors offering couples or individual counselling.</p>

<p>Sussex Counselling</p>	<p>Phone: N/A</p> <p>Email: Online Form</p> <p>Website: www.sussex-counselling.co.uk</p>	<p>Provides an online searchable directory and paper directory of local qualified private counsellors, using a variety of disciplines, called the <i>Sussex Counselling Directory of Counsellors.</i></p>
<p>UKCP (UK Council for Psychotherapy)</p> <p>2nd Floor, Edward House, 2 Wakley Street, London EC1V 7LT</p>	<p>Phone: N/A</p> <p>Email: info@ukcp.org.uk</p> <p>Website: www.psychotherapy.org.uk</p>	<p>UKCP is the leading body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors.</p>