

Camden

iCope

Psychological Therapies Service offers treatment for a range of psychological problems, including anxiety and depression.

Website: www.icope.nhs.uk

Email: cpts@candi.nhs.uk

South Camden Team: The Camley Centre, St Pancras Hospital, 4 St. Pancras Way, London NW1 0PE

North Camden Team: Department of Psychology, South Wing (Third floor), St Pancras Hospital, 4 St Pancras Way, London, NW1 0PE

Tel: 020 3317 6670

Age UK Camden

The services are free and open to people aged 55 and over who are registered with a Camden GP. Home visits can be arranged for people with serious mobility problems and can also help people living with early stage dementia or memory loss.

Website: www.ageuk.org.uk/camden

Email: counselling@ageukcamden.org.uk

Address: Tavis House, 1-6 Tavistock Square, London, WC1H 9NA

Tel: 020 7239 0400

The Brandon Centre

Provides free counselling and psychotherapy for young people aged between 12-21 regardless of where they live.

Email: counselling@brandoncentre.org.uk

Address: The Brandon Centre, 26 Prince of Wales Road, London, NW5 3LG

Tel: 020 7267 4792

Camden, City, Islington and Westminster Bereavement Service

Provides free counselling for bereavement, duration based on need.

Email: cciwbs@btconnect.com

Address: 6-8 York Mews, London NW5 2LU

Tel: 020 7284 0090

Ieso Digital Health

Discreet and confidential one-to-one cognitive behavioural therapy (CBT) is delivered using an interactive online service.

Website: www.iesohealth.com

Email: info@iesohealth.com

Address: The Grange, 20 Market Street, Swavesey, Cambridgeshire, CB24 4QG

Tel: 01954 230066

Camden Listening and counselling centre

Counsellors with different specialism's (e.g. Trans-Personal, Psychodynamic, Gestalt etc) in a variety of languages.

Website: www.camdenlistening.org.uk

Address: Buck Street, Camden, London, NW1 8NJ

Tel: 020 7482 6200

Fleet Counselling

Affordable counselling service, fee negotiable. 24 sessions offered over 6 months.

Address: The Hoo, 17 Lyndhurst Gardens, London, NW3 5NU

Leave message with name and contact number 020 7483 4482

London Friend

Individual counselling is available for those who identify as lesbian, gay or bisexual and for those who are unsure of their sexuality. Counselling is offered on a one-to-one basis, after an initial assessment with one of our internal assessors. We invite people accessing the counselling service to make a regular financial contribution in accordance with their income.

Email: office@londonfriend.org.uk

Address: 86 Caledonian Road, King's Cross, London, N1 9DN

Tel: 020 7833 1674

Mind in Camden

Offers a free, confidential, person-to-person, safe counselling service to help you find ways of addressing the difficulties in your life.

Complete a self-referral form at: <http://www.mindincamden.org.uk/counselling.htm>

Address: Barnes House, 9-15 Camden Road, London NW1 9LQ

Tel: 020 7911 0822

Immigrant Counselling and Psychotherapy (ICAP)

Provides a low fee counselling from immigrant communities in English and French.

Website: www.icap.org.uk

Email: clinicaladmin@icap.org.uk

Address: 96 Moray Road, Finsbury Park, N4 3LA

Tel: 0207 272 7906

Farsophone Counselling Service

Offers free counselling service in Farsi.

Website: www.farsophone.org.uk

Email: counselling@farsophone.org.uk

Address: 156 Golders Green Road Within Golders Green Library, Finchley, London

Tel: 020 895 12004/079 1496 5511

New Leaf Counselling Service

Provides counselling for Chinese people.

Venues: Hammersmith, China Town and Colindale.

Languages: English and Mandarin.

www.ccil.org.uk/newleaf

Email: newleaf@ccil.org.uk

Tel: 077 8696 1615

The Tavistock Young People's Consultation Service

A self-referral service for young people between the ages of 16-30. We offer up to four meetings of about an hour each.

Address: The Tavistock Centre, 120 Belsize Lane, London NW3 5BA

Tel: 020 8938 2337

Tavistock Centre and Portman Clinic for adults (several locations)

Provide treatment to adults and work with the full range of mental health difficulties, from problems that are less long-lasting to those that are severe.

Website: www.tavistockandportman.nhs.uk

Tel: 020 7435 7111

Women and Health

Provides long and short-term low-cost individual counselling and psychotherapy and a range of groups for women who live in the London Borough of Camden. Offer a counselling service, for which there is an application form on their website.

Website: www.womenandhealth.org.uk

Email: connect@women-and-health.org

Address: 4 Carol Street, London, NW1 0HU

Tel: 020 7482 2786

184 Drug Service

Run by the Crime Reduction Initiative, provides advice and assessment, structured psychosocial interventions, group work (stimulant group, women's group, khat group and cannabis group), complementary therapies and counselling for drug users over 18.

Website: www.cri.org.uk

Email: sam.ball@cri.org.uk

Address: 184 Royal College Street, London NW1 9NN

Tel: 020-7485 2722

MedNet Doctors & Dentists consultation service

Offers Doctors & Dentists working in the area covered by the London and KSS (Kent, Surrey and Sussex) with practical advice about their career, emotional support and, where appropriate, access to brief or longer-term psychotherapy. This is a self-referral service.

Website: <http://www.tavistockandportman.nhs.uk/consultationmednet>

Email: mednet@tavi-port.nhs.uk

Address: MedNet, Tavistock Centre, 120 Belsize Lane, London, NW3 5BA

Tel: 020 8938 2411

NIA Project

Provides services for women, children, and young people who have experienced gender-based violence, Services include refuge accommodation, advocacy, counselling, family support and legal advice.

Languages: English and Turkish

Website: www.niaendingviolence.org.uk

Email: info@niaendingviolence.org.uk

Tel: 0207 683 1270 (admin) 0207 683 1210 (advice line)

Samira Project

Support for women from BAMER background who are experiencing any form of violence, including domestic violence, sexual assault, stalking, forced marriage, 'honour' based violence and female genital mutilation.

Languages: Turkish, Spanish, Bengali, Somali and English

Website: www.imece.org.uk

Email: referral@samiraproject.co.uk

Tel: 0203 227 3588/ 0207 354 1359

Camden Psychotherapy Unit

Provides individual and group psychotherapy or IPT to people with a range of emotional difficulties living in Camden. Languages: English, Hebrew, Italian, Latvian, Russian and Polish.

Website: www.camdenpsychotherapy.org.uk

Email: cpu@vac.org.uk

Address: 87 - 89 Prince of Wales Road, LondonNW5 3NT

Tel: 020 7284 6558

Freedom from Torture

Provides medical, emotional and social support to relieve the suffering of survivors of torture and war.

Website: www.freedomfromtorture.org

Address: 111 Isledon Road, Islington, N7 7JW

Tel: 0207 697 7777

Iranian and Kurdish Women's rights Organisation (IKWRO)

Provide culturally specific advice, support, advocacy, training and a free counselling service to Middle Eastern and Afghan Women and girls who are living in the UK.

Languages: Farsi, Kurdish, Arabic and English

Website: www.ikwro.org.uk

Tel: 0207 920 6460/ 078 4631 0157 (Farsi/Dari/Turkish)

Helen Bamber Foundation

The Helen Bamber Foundation is a specialist UK charity with extensive experience working with people who have survived extreme physical, sexual and psychological violence. They deliver a range of integrated services that address the complex needs and vulnerabilities of survivors and helps asylum seekers and refugees who have survived extreme violence and abuse achieve sustained recovery.

Website: www.helenbamber.org

Email: reception@helenbamber.org

Address: Bruges Place, 15-20 Baynes Street (Entrance via Randolph Street), NW1 0TF

Phone: 020 3058 2020