



BRIGHTON & HOVE COUNSELLING SERVICES (FREE & LOW COST)

Due to the COVID 19 situation, most of the services listed are operating remotely, using telephone or video call. Please contact the services directly, or check their websites, for their latest updates.

All content is taken from the organisations' own material.

Mind in Brighton and Hove is unable to recommend any particular counselling service 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 three sections:

- **General Services (page 2)** - 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.
- **Specific Topics or Client groups (page 5)** – organisations that offer low cost, free or discounted counselling which is subject specific (e.g. counselling services for *Young People*, or, for people affected by *Drugs and Alcohol* issues).
- **Directories of private counsellors and therapists (page 20)** – organisations that offer online searchable directories of counsellors and therapists, who may or may not offer free, discounted or low-cost service – please check with the relevant service to confirm what they offer.

General Services

Service	Contacts	Details	Cost
<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) or 07952 754 859 or 07507 706 478</p> <p>Email: info@asyouarecentre.co.uk</p> <p>Website: www.asyouarecentre.co.uk (individual) www.asyouarecounselling.com (group)</p>	<p>Offers counselling and group work for depression, stress and anxiety, bereavement, relationship difficulties.</p> <p>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>Individual counselling: sliding scale of £8 - £35 per session.</p> <p>Duo/couples counselling: between £16 - £40 per session.</p> <p>Groups: some groups are FREE for other there will be a small charge.</p>
<p>Brighton Therapy Centre</p> <p>23A New Road</p>	<p>Phone: 01273 626444 or 07910 032333</p> <p>Email:</p>	<p>A registered charity offering a wide range of lower cost specialist psychological therapies based in Brighton, for all ages (children and adults).</p>	<p>Initial consultation for £25 per hour (£15 for those receipt of benefits). All experienced practitioners offer</p>

<p>Brighton BN1 1UG</p>	<p>info@brightontherapycentre.org.uk</p> <p>Website: www.brightontherapycentre.org.uk</p>	<p>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>Therapies can be offered at low cost – as a charity we always offer a sliding scale of costs based on the client’s ability to pay.</p> <p>BTC remains open for online therapy.</p>	<p>some low cost places - from £31 per hour.</p> <p>For Couples: please see website for further cost breakdown.</p>
<p>Brighton and Hove Wellbeing Service</p> <p>5th Floor, 177 Preston Road, Brighton, BN1 6AG</p>	<p>Phone: 0300 002 0060</p> <p>Email: spnt.brightonwellbeing@nhs.net</p> <p>Website: www.brightonandhovewellbeing.org</p>	<p>A free NHS service offering a range of support and short term therapeutic interventions and talking therapies for adults and children.</p> <p>Support for people with mild to moderate anxiety and depression and emotional and psychological difficulties. Also offers help with employment issues for those receiving therapy.</p> <p>Support provided includes:</p> <ul style="list-style-type: none"> Guided self-help CBT and other NICE talking therapies Support via Primary Care mental Health Practitioners Group work on a range of topics 	<p>FREE NHS Service Access is via GP referral, or to self-refer, you can visit the website to complete an online form.</p> <p>Please check website for details for services to children and young people</p>
<p>Phoenix Therapy Practice</p>	<p>Phone: 01273 256882</p> <p>Email: info@phoenixtherapypractice.co.uk</p>	<p>A registered Community Interest Company, offering a variety of therapies including CBT, DBT and EMDR.</p>	<p>Initial Consultation: Free with an experienced practitioner.</p> <p>Therapies: Sessions with experienced</p>

<p>2 Osmond Road Hove BN31TE</p>	<p>Website: https://phoenixtherapypractice.co.uk/</p>	<p>Some free or low cost subsidised sessions for those in financial hardship with either chronic health conditions, EUPD and needing DBT, or general mental ill health.</p>	<p>practitioners between £40 and £80. Newly qualified practitioners sessions between £25 and £40. Trainee counsellors and psychotherapists sessions between £15 and £25.</p>
<p>Rock Clinic</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>Phone: Rock East: 01273 621841 Rock West: 01273 326826</p> <p>Email: Rock East: east@rockclinic.org.uk Rock West: west@rockclinic.org.uk</p> <p>Website: www.rockclinic.org.uk</p>	<p>This registered charity offers a range of low-cost therapy to people (aged 13+) in Brighton and Hove and Sussex.</p> <p>Services include counselling, Cognitive Behavioural Therapy (CBT) and (EMDR). Open 6 days a week (including weekday evenings) in 2 locations (Rock East and West) with disabled access.</p> <p>Therapy can be provided in a range of languages and also online.</p>	<p>Intermediate Unaccredited Cost Scheme: Approx. £30</p> <p>Reduced cost options available with sliding scale depending on affordability.</p>
<p>Sussex Community Counselling</p>	<p>Phone: 01273 519108</p>	<p>Part of the Sussex Community Development Association, SCA provides low-cost counselling to anyone (aged 16+) in the Newhaven, Lewes, Hailsham and Eastbourne area. Services include support for survivors of suicide. A self-referral form is on the website.</p>	<p>Contribution is between £25-£30 per session; minimum contribution is £12 per session.</p>

<p>Denton Island Community Centre, Denton Island, Newhaven BN9 9BA</p>	<p>Email: counselling@sussexcommunity.org.uk</p> <p>Website: www.sussexcommunity.org.uk/healthy-living/counselling</p>		<p>Initial assessment is free and over the phone.</p>
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Specific topics or Client groups

Abuse/Domestic Violence

Service	Contacts	Details	Cost
<p>Into The Light</p> <p>Into the Light, PO Box 64427, London W5 9HA</p>	<p>Email: info@intothelight.org.uk</p> <p>Website: www.intothelight.org.uk</p>	<p>This London-based not-for-profit agency provides a one-to-one counselling service in Brighton for anyone aged 18+ who has been sexually abused or who is supporting someone who has experienced sexual abuse. Their counselling service is provided by Release for Women (further details provided below in the 'Women' section).</p>	<p>They aim to offer reasonable rates, with fees agreed on contact with the individual counsellor.</p>
<p>Mankind UK</p>	<p>Phone: 01273 911680 (answerphone)</p> <p>Email:</p>	<p>Mankind offers support for men aged 18+ in Sussex affected by unwanted sexual experiences at any time in their lives. They provide a staged support programme which starts with individual counselling and progresses to peer-support groups. Individual</p>	<p>Free. Donations accepted.</p>

<p>1 Brunswick Road, Hove BN3 1DG</p>	<p>admin@mkcharity.org</p> <p>Website: www.mkcharity.org</p>	<p>counselling is also available to partners, families and friends. There is a waiting list. Clients must self-refer and a form is available online.</p>	
<p>Rise</p> <p>3rd Floor Rear, Shaftesbury Court, 95 Ditchling Road, Brighton BN1 4ST</p>	<p>Phone: 01273 622828 (helpline)</p> <p>Website: www.riseuk.org.uk</p>	<p>This Sussex-based charity offers talking therapy for those with issues connected to experiences of domestic abuse and violence.</p>	<p>Sliding scale depending on affordability.</p>
<p>Survivor's Network</p> <p>6A Pavilion Buildings, BN1 1EE (above Al Duomo restaurant)</p>	<p>Phone: 01273 203380 (office)</p> <p>Email: info@survivorsnetwork.org.uk</p> <p>Website: www.survivorsnetwork.org.uk</p>	<p>Survivors Network provides practical and emotional support to survivors of sexual violence and abuse in Sussex. Its counselling service offers help to women over the age of 14 and young men aged 14-18 who have experienced rape or sexual abuse at any period in their lives and also to those who are supporting them.</p>	<p>Counselling service is donation based but all other services are free.</p>

Anxiety

Anxiety UK

Phone: 03444 775774
(Infoline)

Email:
support@anxietyuk.org.uk

Website:
www.anxietyuk.org.uk/get-help/counselling-and-psychotherapy

This national charity for people affected by anxiety, stress and anxiety-based depression can provide counselling either face-to-face or via telephone or webcam, with therapists based across the country.

Counselling:
Full cost: £50 per session

If you become a member of Anxiety UK (£40 per year) you can access reduced cost therapy. Sliding scale £15-£50 dependant on household income.

Autism

CASS Counselling & Autism Spectrum Support

First Floor, 36
Blatchington Road,
Hove BN3 3YN

Phone: 01273 241646

Email:
info@casscounselling.co.uk

Website:
www.casscounselling.co.uk

This community interest company runs a counselling service for people on the autism spectrum and also for those who support them. They offer face-to-face counselling and also remote services such as via Skype.

They offer 1-1 counselling and also integrative family therapy.

Sessions can be daily, weekly, fortnightly, monthly or ad-hoc sessions.

The standard rate for our services is £90 per 50-minute session.

Some low-cost options are available for families on low incomes.

Bereavement

<p>Cruse Bereavement Care (East Sussex)</p> <p>Community Base, 113 Queens Road, Brighton BN1 3XG</p>	<p>Phone: 01273 234007</p> <p>Email: brighton@cruse.org.uk</p> <p>Website: www.cruse.org.uk/east-sussex-area</p>	<p>Part of a national network, this local service offers bereavement counselling and support to people who have been affected by a death, whenever it happened, and who are suffering from grief.</p>	<p>Free.</p>
<p>Harbour Counselling</p> <p>119C Hollingdean Terrace Brighton. BN1 7HB</p>	<p>Phone: 07706 697612</p> <p>Email: office@harbourcounselling.org.uk</p> <p>Website: www.harbourcounselling.org.uk</p>	<p>Harbour Counselling is a local service for people who have experienced baby loss through miscarriage, stillbirth, termination or loss issues from IVF. One-to-one counselling is available for women, men and couples.</p>	<p>Aims to offer affordable rates with limited low-cost counselling for clients in receipt of benefits.</p>
<p>Sue Ryder – Online Bereavement</p>	<p>Phone: N/A</p> <p>Email: N/A</p>	<p>Sue Ryder’s Online Bereavement Counselling Service provides short-term support for anyone grieving for a loved one. Sessions are with qualified counsellors and held online using video chat.</p>	<p>Free</p>

Counselling Service (national)	Website: https://www.sueryder.org/online-bereavement-counselling		
Drugs and Alcohol			
Change Grow Live Tower Point, 44 North Road, Brighton BN1 1YR	Phone: 01273 677019 Email: brighton.info@cgl.org.uk Website: www.changegrowlive.org/brighton-hove-recovery-service/info	Change Grow Live took over from Pavilions on 1 April 2020 as the main provider of drug and alcohol services for adults in Brighton and Hove. It will offer recovery-focused support which includes emotional support and counselling.	Free
Gambling			
Breakeven Brighton Business Centre, 95 Ditchling Road, Brighton BN1 4ST	Phone: 01273 833722 Email: info@breakeven.org.uk Website: www.breakeven.org.uk	Breakeven offers counselling for people affected by gambling-related problems, including affected partners, family members and friends. Counselling can be face-to-face or by phone or video.	Free

LGBTQ+

(Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning) Plus other sexual identities)

MindOUT

Community Base, 113
Queens Road, Brighton
BN1 3XG

Phone: 01273 234839
(main office)

Email:
info@mindout.org.uk

Website:
www.mindout.org.uk/get-support/counselling

MindOut is an independent Brighton-based service run by and for people who identify as LGBTQ. Its counselling service offers support with a variety of issues including gender, sexuality, bereavement, depression, anxiety, hate crime, stress, work issues, parenting. It also provides relationship counselling. An application form is available online.

Counselling: Sliding scale to ensure affordability.

Groups: Free

Physical Health

Brighton and Sussex University Hospitals Macmillan Psychological Therapies Service

Laura Pritchard-
Macmillan Lead for
Psychological Therapies:

Phone: 01273 664694

Email:
laura.pritchard9@nhs.net

Website:
<https://www.macmillan.org.uk>

Counselling, psychotherapy and hypnotherapy service available for cancer patients and immediate family members / **carers during and up to 6 months post-treatment**, that is currently offered via telephone and online (video). Referrals to this service can be made via the Sussex Cancer Centre specialist nurses or oncologists.

Free

<p>& Macmillan Horizon Centre Psychological Therapy Service</p> <p>Macmillan Horizons Centre 2 Bristol Gate, Brighton BN2 5BD</p>	<p>org.uk/cancer-information-and-support/get-help/centres/macmillan-horizoncentre#counselling and psychological therapies</p> <p>Phone: 01273 468 770</p> <p>Email: horizoncentre@macmillan.org.uk</p> <p>Website: https://www.macmillan.org.uk</p>	<p>This service supports patients, family members and carers from 6 months after treatment has finished.</p>	<p>Free</p>
<p>Terrence Higgins Trust</p> <p>437-439 Caledonian Road London N7 9BG</p>	<p>Phone: Head Office: 0808 802 1221 for an adviser</p> <p>Email: online.counselling@tht.org.uk</p>	<p>Online counselling for people living with HIV If you're living with HIV in the UK and aged 18 or over, you're eligible for our free online counselling and emotional support service. Register online.</p>	<p>Free</p>

	<p>Website: https://www.tht.org.uk/</p>		
Pregnancy			
<p>British Pregnancy Advisory Service (BPAS)</p> <p>Wistons Clinic, 138 Dyke Road, Brighton BN1 5PA (entrance on Chatsworth Road)</p>	<p>Phone: 01789 416587</p> <p>Email: info@bpas.org</p> <p>Website: www.bpas.org/clinics/bpas-brighton</p>	<p>BPAS provides impartial, evidence-based advice and counselling in relation to pregnancy options, abortion treatment options and post-abortion.</p>	<p>Free to BPAS clients with NHS funding, otherwise low-cost private client rate.</p>
Relationships			
<p>Marriage Care</p> <p>Cassidy Centre, St Mary's Church, 5 Surrenden Road, Preston Park, Brighton BN1 6PA</p>	<p>Phone: 0800 389 3801 (national Freephone – appointments service)</p> <p>Email: appointments@marriagecare.org.uk</p>	<p>A Catholic organisation open to everyone from any religious or non-religious background and to all couples, whether married or not. It offers relationship counselling through one or more 50 minute sessions which can continue for as long as required.</p> <p>To register phone 0800 389 3801 between 10:30 and 6 pm Monday to Thursday.</p>	<p>Charge £15 registration fee and then ask for a donation each appointment.</p>

	<p>Website: www.marriagecare.org.uk</p>		
<p>Relate</p> <p>58 Preston Road Brighton BN1 6GG</p>	<p>Phone: 01273 697997</p> <p>Email: Reception.Brighton@relate.org.uk</p> <p>Website: www.relate.org.uk/sussex</p>	<p>Relate offers a range of counselling services to help individuals with their couple or family relationships, including relationship counselling, sex therapy, family counselling and counselling for carers.</p>	<p>Initial consultation is £65, ongoing counselling is set on a sliding scale based on income.</p>
<p>Sensory Impairment</p>			
<p>RNIB</p>	<p>Phone: 0303 123 9999</p> <p>Email: helpline@rnib.org.uk</p> <p>Website: https://www.rnib.org.uk/</p>	<p>The RNIB offer Sight Loss Counselling. We offer emotional support through our Sight Loss Counselling team, a group of professional telephone and online counsellors. Commonly up to eight sessions are offered.</p>	<p>Free</p>

Students

<p>Greater Brighton Metropolitan College (Brighton MET)</p> <p>Central Brighton Campus, Pelham Street, Brighton BN1 4FA</p>	<p>Phone: 01273 667788 (Brighton MET main switchboard)</p> <p>Email: counsellors@gbmc.ac.uk</p> <p>Website: www.gbmc.ac.uk/student-support/student-services/counselling</p>	<p>The College Counselling Service is open to all full- and part-time students enrolled at Brighton MET. It offers a safe and confidential space for students to explore personal and emotional issues, not necessarily college- related. Contact can be made directly by email or through the Pastoral Mentor or by visiting the team at the student centre of the relevant campus.</p>	<p>Free for Brighton MET students.</p>
<p>University of Brighton Counselling Service</p> <p>Multiple campuses in Brighton, Falmer, Eastbourne, Hastings.</p>	<p>Phone: 01273 643187 (Grand Parade)</p> <p>01273 643584 (Falmer)</p> <p>01273 642895 (Moulsecoomb)</p> <p>01273 643845 (Eastbourne)</p> <p>01273 644643</p>	<p>A range of wellbeing support is available to all current University of Brighton students at each campus, including time-limited counselling to help students overcome difficulties and enjoy better mental health and wellbeing throughout their studies. Referral may be to a counsellor, wellbeing advisor, disability and dyslexia team, support and guidance tutor or to a group, workshop or self-help resource. A referral form is available via the website.</p>	<p>Free for University of Brighton students</p>

	<p>(Hastings)</p> <p>Email: counselling@brighton.cac.uk</p> <p>Website: https://www.brighton.ac.uk/brighton-students/your-student-life/my-wellbeing/index.aspx</p>		
<p>University of Sussex Counselling Services</p> <p>University of Sussex Counselling Services, Health Centre Building, Falmer, Brighton BN1 9RW</p>	<p>Phone: 01273 678156 (office hours)</p> <p>Email: counsellingreception@sussex.ac.uk</p> <p>Website: www.sussex.ac.uk/counselling</p>	<p>The service provides free and confidential short-term therapy to current students of the University of Sussex. Students can book an initial appointment to discuss options. There is a high demand for this service.</p>	<p>Free for University of Sussex students.</p>

Women

<p>Brighton Women's Centre</p> <p>22 Richmond Place Brighton BN2 9NA</p>	<p>Phone: 07463 248 530</p> <p>Email: therapy@womenscentre.org.uk</p> <p>Website: https://womenscentre.org.uk/</p>	<p>Brighton Women's Centre offer short-term therapy to all self-identifying women and are able to offer a combination of talking therapy and movement psychotherapy.</p>	<p>Offers 12 weeks of support, with fees operating on a sliding scale depending on your household income.</p>
<p>Oasis Project</p> <p>Globe House, 3 Morley Street, Brighton BN2 9RA</p>	<p>Phone: 01273 696970 Option 3</p> <p>Email: youngoasistherapy@oasisproject.org.uk</p> <p>Website: https://www.oasisproject.org.uk/young-oasis/children-and-young-peoples-therapy/</p>	<p><i>Please note, this service is not currently taking new referrals (as at 09-10-2020).</i></p> <p>Young Women's Therapy The service delivers a confidential, individual arts-based therapy for young women (aged between 18 – 25) who have experienced violence, abuse, neglect or disadvantage in their early lives.</p>	<p>Free</p>
<p>Release</p>	<p>Phone: 07954 216995</p>	<p>Release offers one-to-one counselling and a range of therapeutic groups to women in Brighton and the surrounding areas.</p>	<p>Fees for one-to-one counselling are</p>

(No address provided)	<p>Email: ellen@releaseforwomen.org.uk</p> <p>Website: https://www.releaseforwomen.org.uk/</p>	Offers specialism in the areas of trauma & sexual violation, couples therapy, maternal mental health, faith & spirituality, addictions and bereavement & loss.	<p>charged on a sliding scale of £20- £40 per hour.</p> <p>Fees will be discussed and agreed at your Initial Assessment.</p>
Young People			
<p>Brighton and Hove Wellbeing Service</p> <p>5th Floor, 177 Preston Road, Brighton, BN1 6AG</p>	<p>Phone: 0300 002 0060</p> <p>Email: spnt.brightonwellbeing@nhs.net</p> <p>Website: http://www.brightonandhovewellbeing.org/</p>	For children and young people, this service provides counselling, CBT, “e-wellbeing” (online counselling), groupwork, canine-assisted therapy, dramatherapy, play therapy, and also community-based support (Mind the Gap) and general emotional health support (based at the Youth Advice Centre).	Free NHS service
<p>Hope Again</p> <p>(see <i>Cruse Bereavement Care</i>)</p>	<p>Phone: Free 0808 808 1677 (National Helpline - Monday-Friday, 9:30am - 5:00pm.)</p> <p>Email: hopeagain@cruse.org.uk</p>	Hope Again is Cruse Bereavement Care’s website for young people (see details for Cruse above under <i>Bereavement</i>). Cruse offers a safe, youth-friendly space where young people can work through their grief in their own time and own way. A trained volunteer will work individually with a young person over 6-8 weekly sessions.	Free

	<p>Website: https://www.hopeagain.org.uk/</p>		
<p>Oasis Project</p> <p>Globe House, 3 Morley Street, Brighton, BN2 9RA</p>	<p>Phone: 01273 696970 Option 3</p> <p>Email: youngoasistherapy@oasisproject.org.uk</p> <p>Website: https://www.oasisproject.org.uk/young-oasis/children-and-young-peoples-therapy/</p>	<p>Young Oasis Therapy Service</p> <p>Therapeutic support for children and young people aged 5 to 18 years old affected by substance misuse in the family.</p> <p>All our therapists work creatively, so when words are not enough or difficult to find, feelings can be worked with in a non-verbal way using images, paints, clay, music and puppets. Working in this way can allow a child to feel heard, help process feelings and build resilience.</p>	<p>Free</p>
<p>Survivors Network</p> <p>6A Pavilion Buildings, BN1 1EE (above Al Duomo restaurant)</p>	<p>Phone: 01273 203380 (office)</p> <p>Email: info@survivorsnetwork.org.uk</p> <p>Website: http://www.survivorsnetwork.org.uk</p>	<p>Survivors Network offers counselling services for young people, of any gender, aged 14-18 years who have experienced rape or sexual abuse at any period in their lives and also to those who are supporting them</p> <p>Contact by phone or email or online form. There is a waiting list.</p>	<p>Free to those under 18 years.</p>

<p>Young People's Support Network (YPSN)</p> <p>Young People's Centre, 69 Ship Street, Brighton BN1 1AE</p>	<p>Phone: 07948675207</p> <p>Email: enquiry@ypsn.org.uk</p> <p>Website: https://ypsn.org.uk/</p>	<p>Young People's Support Network (YPSN) is a new community interest company (CIC) operating from the Young People's Centre.</p> <p>YPSN offers support to young people (11 to 25 years of age) who are experiencing negative life issues. They combine Counselling, Life coaching and targeted youth programmes to deliver a broad range of services and tailor the support to meet the needs and learning style of the young person.</p> <p>* There is a limited number of subsidised sessions available. Please ask them for more details.</p>	<p>Initial assessment with a highly qualified counsellor costs £10. For Counselling or life coaching the cost for each session ranges from £35 – £55. Please pay what you feel you can afford.*</p>
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YMCA and Evolve clients (Brighton)

<p>YMCA</p> <p>Head office: Steine House 55 Old Steine Brighton BN1 1NX</p>	<p>Phone: 01273 220900</p> <p>Email: contact form on website</p> <p>Website: https://www.brightonymca.co.uk/services/counseling-service/</p>	<p>This counselling is available for free to Brighton YMCA and EVOLVE clients only. They support clients for up to 12 months after they have moved on from their services.</p> <p>Providing: ONGOING THERAPY: You can meet regularly with the same counsellor over an agreed period of time in 'ongoing therapy'. We support clients for up to 12 sessions. SINGLE SESSION THERAPY: Or you can address a particular problem in just one session with a counsellor. This is 'single session therapy'.</p>	<p>Free to YMCA and Evolve clients.</p>
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Directories of Private Therapist and Counsellors

(These therapists do not necessarily offer a free or low-cost service)

Service	Contact Information	Service Details
<p>British Association for Counselling and Psychotherapy (BACP)</p> <p>BACP House, 15 St. John's Business Park, Lutterworth, Leicestershire LE17 4HB</p>	<p>Phone: 01455 883300</p> <p>Text: 01455 560606</p> <p>Email: bacp@bacp.co.uk</p> <p>Website: www.bacp.co.uk</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>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>Brighton Therapy Hub</p> <p>Brighton Therapy Practice 9a Princes Street Brighton BN2 1RD</p> <p>Hove Therapy Practice Second Floor, 69 Church Road Hove BN3 2BB</p>	<p>Phone: Brighton: 01273 803 954 Hove: 01273 068 144</p> <p>Email: info@brightontherapypractice.co.uk info@hovetherapyrooms.co.uk</p> <p>Website: www.brightonandhovetherapyhub.co.uk/</p>	<p>Brighton and Hove Therapy Hub is an online list of qualified and BACP registered therapists in the area. On their website it is possible to search their list by therapy type and by issue.</p> <p>Approaches which therapists may offer include Behavioural Therapy Cognitive, Cognitive Analytic Therapy (CAT), Cognitive Behavioural Therapy (CBT), Dynamic Interpersonal Therapy, EMDR, Gestalt Therapy, Human Givens Psychotherapy, Psychodynamic Therapy, Psychosexual Therapy and Transpersonal Psychology.</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>
<p>BABCP (British Association for Behavioural and Cognitive Psychotherapies)</p>	<p>Phone: 0161 705 4304</p> <p>Email:</p>	<p>BABCP provides an online searchable directory of accredited cognitive behaviour therapists.</p> <p>Directory located at: www.cbtregisteruk.com/Default.aspx</p>

<p>Imperial House, Hornby Street, Bury, Lancashire BL9 5BN</p>	<p>babcp@babcp.com</p> <p>Website: www.babcp.com</p>	
<p>British Psychoanalytic Council 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 Counselling Directory, Building 3 Riverside Way, Camberley Surrey, GU15 3YL</p>	<p>Phone: 0333 325 2500</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>Free Psychotherapy Network</p>	<p>Website: www.freepsychotherapynetwork.com</p>	<p>This is a group of psychotherapists offering free psychotherapy to people on low incomes. Their online directory is organised by geographical areas. Cost: Free to people on low incomes. Some therapists have a low-cost option.</p>

<p>Sussex Counselling</p>	<p>Phone: N/A</p> <p>Email: <u>Online</u> 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>America House, 2 America Square, London EC3N 2LU</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>