



BRIGHTON & HOVE COUNSELLING SERVICES (FREE & LOW COST)

Following the COVID 19 situation, some of the services listed have been operating remotely, using telephone or video call. Please contact the services directly, or check their websites, for their latest updates on what options are now available including, telephone, online and face to face appointments.

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 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 to anyone living in Brighton and Hove. They can support clients with a range of issues.
- **Specific Topics or Client groups (page 4)** – organisations that offer low cost, free or discounted counselling. Some of these organisations may work with specific client groups (e.g. young people, LGBTQ+, etc.) but can support their clients on a range of issues. Others may only support clients with specific issues (e.g. *Drugs and Alcohol* issues).
- **Directories of private counsellors and therapists (page 17)** – 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.

Services General

| Service | Contacts | Details | Cost |
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| <p>AS YOU ARE</p> <p>The Corner House, 45 Southwick Street, Southwick, West Sussex, BN42 4TH</p> | <p>Phone: 07392612771 Email: info@asyouarecentre.co.uk Website: www.asyouarecentre.co.uk</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 sessions depending on therapy.</p> | <p>Individual counselling: sliding scale of £8 - £35 per session. 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 Brighton BN1 1UG</p> | <p>Phone: 01273 626444 Email: info@brightontherapycentre.org.uk Website: www.brightontherapycentre.org.uk</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>There are a variety of options available including CBT. As a charity they try to offer a sliding scale of costs based on the client's ability to pay.</p> | <p>Initial consultation £15 for those receipt of benefits. Trainee and qualified offer some low-cost places - from £35 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 Email: BrightonWellbeing@spft.nhs.uk Website: www.brightonandhovewellbeing.org</p> | <p>A free NHS service supporting people with mild to moderate anxiety and depression and emotional and psychological difficulties. Offers a range of support and short-term therapeutic interventions and talking therapies for adults (18+) as well as children and young people (4-17 years old).</p> <p>Support provided to adults includes: Guided self-help; CBT and other NICE talking therapies;</p> | <p>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 all services to children and young people Young Adults (18-25) can choose adult or young people services.</p> |

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| | | Support via Primary Care mental Health Practitioners; Group work on a range of topics. | |
| Phoenix Therapy Practice Osmond Road Hove N31TE | Phone: 01273 256882 Email: info@phoenixtherapypractice.co.uk Website: www.phoenixtherapypractice.co.uk/ | A registered Community Interest Company, offering a variety of therapies. Self-referral form available on their website. If you are enquiring about their free or subsidised places, please highlight this on your self-referral form. | Initial Consultation is free with an experienced practitioner. Rates vary according to the experience of the practitioner and what is being provided. Sessions with trainees £15- £25 . Some FREE or low cost subsidised sessions |
| Rock Clinic Two Locations: Rock East, 270 Eastern Road, Brighton BN2 5TA Rock West, 8 Western Street, Brighton BN1 2PG | Phone: Rock East: 01273 621841 Rock West: 01273 326826 Email: east@rockclinic.org.uk west@rockclinic.org.uk Website: www.rockclinic.org.uk | Low cost counselling only available to adults not using their specialist services (young people service, third age service for people over 65, carers; specialist support with alcohol/drug abuse) Services include counselling, Cognitive Behavioural Therapy (CBT). Therapy can be provided face to face and also online. There is full disabled access at Rock West and good disabled access at Rock East. | Low cost Counselling scheme £15 Intermediate Unaccredited Cost Scheme: £35 Other pricing and schemes available. Please see website |

Specific issues or client groups

Abuse/Domestic Violence

| Service | Contacts | Details | Cost |
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| <p>Mankind UK</p> <p>1 Brunswick Road, Hove BN3 1DG</p> | <p>Phone: 01273 911680 (answerphone)</p> <p>Email: admin@mkcharity.org</p> <p>Website: www.mkcharity.org</p> | <p>Support for men aged 18+ in Sussex affected by unwanted sexual experiences at any time in their lives.</p> <p>They provide a staged support programme which starts with individual counselling and progresses to peer-support groups. Individual 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>Free. Donations accepted.</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. Please check details of costs on website</p> |
| <p>Survivor's Network</p> <p>6A Pavilion Buildings, BN1 1EE</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> |
| <p>Eastbourne Survivors</p> <p>52 Osborne Road Eastbourne BN20 8JL</p> | <p>Phone: 01323 416 316</p> <p>Email: info@eastbournesurvivors.org</p> <p>Website: www.eastbournesurvivors.org</p> | <p>Eastbourne Survivors is a Self Help and Support Group open to men and women (over 16 years) and their partners in Eastbourne, Hastings, and the Brighton area.</p> <p>They offer 1-1 counselling and small, closed therapy groups.</p> | <p>Donation based.</p> |
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Asylum seekers, refugees and migrants

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| <p>Brighton Exiled/Refugee Trauma Service (BERTS) Dedicated trauma service hosted by Brighton & Hove CBT</p> | <p>Note that you will need to be referred by a professional to access this service.</p> <p>Phone: 07961779010 Email: s.r.munt@sussex.ac.uk Website: https://brightonandhovecbt.com/BERTS.html</p> | <p>For refugees, asylum seekers and migrants in Sussex.</p> <p>Normally, clients need to be over 16 years of age, although they can provide support to those younger than this in exceptional cases. Client needs to have lived in the UK for less than 10 years. They accept referrals from the NHS, Social Services, local statutory services and volunteer and third sector organisations working with refugees and asylum seekers.</p> <p>Whilst patients are waiting for trauma psychological treatment, BERTS can also offer a support worker befriending scheme, as this can be several months.</p> | <p>FREE - Professional referral required.</p> <p>No funding for interpreters so sessions conducted in English.</p> |
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Bereavement

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| <p>Cruse Bereavement Care(East Sussex) Community Base, 113 Queens Rd, Brighton BN1 3XG</p> | <p>Phone: 01273 234007 Email: brighton@cruse.org.uk Website: www.cruse.org.uk</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>National Cruse also has a free helpline on 0808 8081677</p> | <p>Free.</p> |
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Drugs and Alcohol

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| <p>Change Grow Live (CGL)</p> <p>Tower Point, 44 North Road, Brighton BN1 1YR</p> | <p>Phone: 01273 677019 Email: brighton.info@cgl.org.uk Website: www.changegrowlive.org/brighton-hove-recovery-service/info</p> | <p>Change Grow Live is the main provider of drug and alcohol services for adults in Brighton and Hove. It offers recovery-focused support which includes emotional support and counselling.</p> <p>For information on other types of treatment and support including support and peer groups please speak to an advisor or go to the CGL website</p> | <p>Free</p> |
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Gambling

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| <p>Breakeven</p> <p>Brighton Business Centre, 95 Ditchling Road, Brighton BN1 4ST</p> | <p>Phone: 01273 833722 Email: info@breakeven.org.uk Website: www.breakeven.org.uk</p> | <p>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.</p> | <p>Free</p> |
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LGBTQ+

(Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning) and other gender or sexual orientations and identities)

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| <p>MindOUT</p> <p>Community Base, 113 Queens Road, Brighton BN1 3XG</p> | <p>Phone: 01273 234839 (main office) Email: info@mindout.org.uk Website: www.mindout.org.uk/get-support/counselling</p> | <p>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.</p> | <p>Counselling: Sliding scale to ensure affordability.</p> <p>Groups: Free</p> |
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Parents

Brighton Parent Infant Psychological Therapy

Moulsecoomb Children's Centre Hodshrove Lane, Brighton BN2 4SE

Phone: 01273 291670
Website:
www.brightpip.org.uk/index.php

Brighton PIP is a charity offering intensive support to **expectant parents and those with new born babies up until the age of three.**

Individual therapy takes the form of regular sessions with a parent, infant and clinician. The sessions are for both mothers and fathers if both are involved in the baby's care

Sliding scale based on household income.

Free spaces for some families who are also on a very low income.

Physical Health

Brighton and Sussex University Hospitals NHS Macmillan Psychological Therapies Service

Phone: Lead for Psychological Therapies - 01273 664694
Email: laura.pritchard9@nhs.net
Website:
www.macmillan.org.uk/cancer-information-and-support/get-help/centres/macmillan-horizon-centre

Counselling, psychotherapy, psychosexual and hypnotherapy service available for **cancer** patients and immediate family members/ carers, **during and up to 6 months post-treatment.**

Referrals to this service can be made via the Sussex Cancer Centre specialist nurses or oncologists. **Note that you will need to be referred by a professional to access this service- please speak to your cancer nurse or oncologist.**

Free

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| <p>Macmillan Horizon Centre Counselling Service</p> <p>Macmillan Horizons Centre, 2 Bristol Gate, Brighton BN2 5BD</p> | <p>Phone: 01273 468 770 Email: horizoncentre@macmillan.org.uk Website: www.macmillan.org.uk/cancer-information-and-support/get-help/centres/macmillan-horizon-centre</p> | <p>This service supports cancer patients, family members and carers when the person is not receiving active treatment or when their treatment finished at least 6 months ago.</p> | <p>Free</p> |
| <p>Wolo Foundation</p> | <p>Email: contact@wolofoundation.org Website: www.wolofoundation.org</p> | <p>Wolo Foundation helps families living in Sussex through their cancer journeys. They offer individual counselling and play therapy for children.</p> | <p>£30 to £110 per session depending on type of therapy.</p> |

| <p style="text-align: center;">Relationships</p> | | | |
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| <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 (appointments service) Email: appointments@marriagecare.org.uk Website: www.marriagecare.org.uk</p> | <p>A Catholic organisation open to everyone from any religious or nonreligious background and to all couples, whether married or not. It offers relationship counselling through one or more 50minute sessions which can continue for as long as required.</p> <p>Phone 0800 389 3801 (10:30 and 6.00 pm Mon to Thur)</p> | <p>Charge £15 registration fee and then ask for a donation each appointment.</p> |
| <p>Relate</p> <p>58 Preston Road Brighton BN1 6GG</p> | <p>Phone: 01273 697997 Email: Reception.Brighton@relate.org.uk 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> |

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| Students |
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| <p>University of Brighton Counselling Service</p> <p>Available across Multiple campuses</p> | <p>Phone: your local Student Centre Email: counselling@brighton.ac.uk Website: www.brighton.ac.uk/brightonstudents/your-studentlife/my-wellbeing/index.aspx</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.</p> <p>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> |
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| Health Centre Building, Falmer, Brighton BN1 9RW | | | |
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Women only

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| Brighton Women's Centre 22 Richmond Place Brighton BN2 9NA | Phone: 07463 248 530 Email: therapy@womenscentre.org.uk Website: www.womenscentre.org.uk/ | 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. | Offers 12 weeks of support, with fees operating on a sliding scale depending on your household income. |
| Young Oasis (part of the Oasis Project) Globe House, 3 Morley Street, Brighton BN2 9RA | Phone: 01273 696970 Option 3 Email: youngoisistherapy@oasisproject.org.uk Website: www.oasisproject.org.uk/young-oasis/ | Young Women's Therapy – aged 18 - 25 The service delivers a confidential, individual arts-based therapy for young women (aged between 18 – 25yrs) who have experienced violence, abuse, neglect or disadvantage in their early lives. | Free |
| Release (No address provided) | Phone: 07954 216995 Email: ellen@releaseforwomen.org.uk Website: https://www.releaseforwomen.org.uk/ | Release offers one-to-one counselling and a range of therapeutic groups to women in Brighton and the surrounding areas. Specialises in areas of trauma & sexual violation, couples therapy, maternal mental health, faith & spirituality, addictions and bereavement & loss. | Fees for one-to-one counselling and groups are charged on a sliding scale. Fees will be agreed at your initial Assessment. |

Young People

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| <p>Brighton and Hove Wellbeing Service</p> <p>5th Floor, 177 Preston Road, Brighton, BN1 6AG</p> | <p>Phone: 0300 002 0060 Email: BrightonWellbeing@spft.nhs.uk Website: www.brightonandhovewellbeing.org</p> | <p>A free NHS service supporting young people with mild to moderate anxiety and depression and emotional and psychological difficulties.</p> <p>For children and young people, this service provides one-to-one counselling such as CBT; canine-assisted therapy; dramatherapy; play therapy, and also “e-wellbeing” (online counselling). Groupwork, community-based support (Mind the Gap) and general emotional health support (based at the Youth Advice Centre).</p> | <p>Ages vary for different therapies but start 4+. Please check website for full details</p> <p>Note that Young Adults (18-25) can access either their young people or adult services.</p> |
| <p>Young Oasis Therapy Service (part of Oasis Project)</p> <p>Globe House, 3 Morley Street, Brighton, BN2 9RA</p> | <p>Phone: 01273 696970 Option 3 Email: youngoasistherapy@oasisproject.org.uk Website: www.oasisproject.org.uk/youngoasis/children-andyoung-peoples-therapy/</p> | <p>Therapeutic support for children and young people aged 5 to 18 years old affected by substance misuse in the family.</p> | <p>Free</p> |
| <p>Sensing friends</p> <p>No address provided</p> | <p>Phone: 07584201837 Email: admin@sensingfriends.org Website: www.sensingfriends.org</p> | <p>Service for children and young people up to the age of 25 who have a “sensory need”. This includes any sensory processing need arising from stress, anxiety, PTSD, trauma and other emotional difficulties as well neurological conditions or sensory disabilities.</p> <p>Online counselling and face to face. Emotional check in service for young person or family who need to talk They also offer online and face to face well-being and friendship peer support groups.</p> | <p>Free</p> <p>The young person can self-refer. Referral form available on their website.</p> |

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| <p>Survivors Network</p> <p>6A Pavilion Buildings, BN1 1EE</p> | <p>Phone: 01273 203380 (office) Email: info@survivorsnetwork.org.uk 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.</p> | <p>Free to those under 18 years.</p> |
| <p>Young People's Support Network</p> <p>Young People's Centre, 69 Ship Street, Brighton BN1 1AE</p> | <p>Phone: 07948675207 Email: enquiry@ypsn.org.uk Website: www.ypsn.org.uk/</p> | <p>YPSN offers support to young people (11 to 25 years of age) who are experiencing negative life issues. They offer counselling, life coaching and targeted youth support 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. *</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 |
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| <p>British Association for Counselling and Psychotherapy (BACP)</p> | <p>Phone: 01455883300 Text: 01455 560606 Email: bacp@bacp.co.uk 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>Phone: 0116 254 9568 Email: www.bps.org.uk 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 Email: info@brightontherapypractice.co.uk 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>Email: Online Form Website: www.psychotherapy-sussex.org.uk</p> | <p>Psychotherapy Sussex is an association of professionally qualified and registered analytic psychotherapists practising in Brighton and Hove and across Sussex. Offering therapy on range of psychological and relationship difficulties.</p> |

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| <p>BABCP British Association for Behavioural & Cognitive psychotherapies</p> <p>Imperial House, Hornby Street, Bury, Lancashire BL9 5BN</p> | <p>Phone: 0161 705 4304 Email: babcp@babcp.com Website: www.babcp.com</p> | <p>BABCP provides an online searchable directory of accredited cognitive behaviour therapists. Directory located at: www.cbregisteruk.com/Default.aspx</p> |
| <p>British Psychoanalytic Council Suite 7, 19-23 Wedmore Street, London N19 4RU</p> | <p>Phone: 020 7561 9240 Email: mail@bpc.org.uk 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>Building 3, Riverside Way, Camberley Surrey, GU15 3YL</p> | <p>Phone: 0333 325 2500 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. Cost: Free to people on low incomes. Some therapists have a low-cost option.</p> |
| <p>Sussex Counselling</p> | <p>Email: Online Form Website: www.sussexcounselling.co.uk</p> | <p>Provides an online searchable directory and paper directory of local qualified private counsellors, using a variety of disciplines</p> |
| <p>UKCP (UK Council for Psychotherapy)</p> <p>America House, 2 America Square, London EC3N 2LU</p> | <p>Email: info@ukcp.org.uk Website: www.psychotherapy.org.uk</p> | <p>UKCP is the leading body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors.</p> |