

CCS6/F7 - LIST OF EXTERNAL COUNSELLING AGENCIES

NAME	DETAILS	PHONE	FEES
1NE	Substance misuse; alcohol / drugs	020 8509 1888. Relatives: 020 8509 2255	
AIDS treatment phone line	AIDS treatment related	0845 947 0047	
Alcoholics Anonymous	Alcohol	020 7403 0888	
Alert	Discrimination, harassment or Violence helpline - advocacy & support	020 8539 3433	
Alone in London	Mediation for families service	020 7278 4224	
Anti-bullying campaign	Bullying	020 7378 1446	
Asian family counselling service	Asian community	020 8567 5616	
Asian family support & conciliation service	Asian community	020 8539 5566	
BACUP	Cancer counselling & Support	020 7696 9000	
Black people's Mental health association	Black community	020 8509 2646	
British association for counselling & psychotherapy (BACP)	General counselling - Phone to receive a list of counsellors details	0870 443 5252	Fees - some low cost.
Brooks helpline	General information about sexual health (under 25's)	0800 0185 023	Free
Careline	Counselling all age groups	020 8514 1177	
Child and family consultation service	For children and adolescents (professional referral only)	020 8509 0424	
Child Death - Helpline	Supporting parents who have lost a child of any age	0800 282 986	Free
Childline	Counselling for children	0800 1111	Free
Chinese mental health association	Chinese community mental health service	020 7613 1008 0845 122 8660 (local rate)	

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Community Drug & Alcohol team	Drugs and alcohol (Mon - Fri 9.00am - 5.00pm)	020 8535 6756	
Couples psychotherapy	Private couple psychotherapy	0870 902 4878	Yes
Crest bereavement	Bereavement counselling	020 8521 2975	Free
Cruse	Bereavement helpline	0845 758 5565	Donation
Depression alliance	Depression information	0845 123 23 20	
Domestic violence	Violence by partner	01265 469 085	
Dove Bereavement counselling	Bereavement	020 8550 7085	Low fee
East London Out Project	Gay and Lesbian	020 8509 3898	
Eating disorders association	Eating disorders	01603 621 414	
Family service unit	Emotional or practical difficulties in parenting & childcare. / Women with mental health problems	020 8509 0119	
Gamblers anonymous	Gambling issues	020 7384 3040 08700 50 8880 (local rate)	
Hackney & East London Family Mediation Service	Family mediation	020 7613 1666	
Healthworks	Drugs / alcohol drop-in	0800 137 491	
Just Ask	Priority given to homeless and low income clients	020 7628 3370	Free
Larkswood Centre	Refugees & Asylum seekers Professional referral only	020 8535 6850	
Lesbian & Gay Switchboard	24 hour helpline, support, advice	020 7837 7324	
Lifeline	Victims of sexual abuse or domestic violence	01262 469 086	
London bereavement network	Bereavement	020 7700 8134	
London Centre for Psychotherapy	Refugees & Asylum seekers	020 7435 0873	
London Irish centre	Irish community	020 7916 2222	

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Lone parent helpline	General advice for Lone Parents	0800 018 5026	Free
Maudsley hospital - Emergency clinic	24 hr service providing assessment & support to those presenting acute mental health problems	020 7919 2047	
Medical foundation for victims of torture	Torture victims	020 7813 9999	
MIND	General counselling - 388-392 High Road, Leyton E10	020 8556 9621	Free
Miscarriage Association	Miscarriage information and support	01924 200 799	
Muslim women's helpline	Muslim women's listening service	020 8908 6715 020 8904 8193	
National debt line helpline	Debt	0808 808 4000	
National drugs helpline	Drug dependency	0800 776600	Free
National phobias society	Phobias	0161 227 9898	
NHS direct	Medical health problems	0845 4647	
No panic helpline	Panic attacks	0808 808 0545	
North East London Miscarriage group	Miscarriage	020 8500 8616	
Parent Advisor	Parents	020 7771 3940	
Phoenix counselling service	General counselling service	020 8984 9887	Fees linked to income
Qalb Centre	Asian, African, Caribbean alcohol counselling service and counselling, therapy	020 8521 5223 day centre 0208 527 0090	
Refuge	24 hour women's refuge	0808 2000 247	
Refugee council	Refugees	020 7820 3000	
Relate	Marriage counselling - also Jewish & Catholic marriage guidance organisations	020 8539 2939	Fees
Release	11am - 5.30pm legal and drugs helpline	020 7729 9904	

NAME	DETAILS	PHONE	FEEs
Respond	Support for people with learning difficulties	0808 808 0700	
Samaritans	24 hour crisis support	08457 909090	
SANDS (Stillbirths & Neonatal deaths)	National Office - Helpline -	020 7436 7940 020 7436 5881	
Sanibel counselling service	Counselling for people on low incomes. Also refer to other services. Bereavement	020 85364251	Free/ small charge
Shelterline	Housing advice 8am - midnight, 365 days a year	0808 800 4444	
Somali counselling project		020 7633 0729	
South area locality mental health team South Forest centre	21 Thorn Close, Langthorne Road, E11 Larkwood Centre	020 8535 6480 020 8535 6848	
Tavistock Centre	Refugees & Asylum seekers; psychiatric outpatients	0207 435 7111	
Terence Higgins Trust	Young people affected by HIV & related issues. Includes couple counselling.	0845 122 1200	
Turkish community project	Turkish community	020 8318 2864	
Victim Support in Waltham Forrest	Victims of crime	020 8556 6006	
Waltham Forest Haven	Incest survivors helpline	020 8539 4157	
Waltham Forest neighbour mediation scheme	Mediation for neighbours	020 8509 2320	
WCUH NHS Trust	Bereavement counselling for Waltham Forest & Redbridge residents including child loss	020 8539 5592	Free
Westminster Pastoral Foundation	Refugees & Asylum seekers	020 7937 6956	
Whipps Cross Hospital, dept. of sexual health	Sexual health & counselling Mon-Fri 3.00am - 5.00pm (appointments)	020 8535 6535	
Women's health clinic/ family planning	Women's sexual health	020 8521 3631	
Young Minds	Helpline for parents & professionals	00800 018 2138	

NAME	DETAILS	PHONE	FEES
Youth 2 Youth	Under 19 confidential helpline	020 8896 3675	
Youth counselling service	For ages 16-25. Also eating disorders	020 8509 1219	
Youth helpline	Young people	01603 765 050	

I confirm that it has been explained to me that MIND in Waltham Forest does not necessarily recommend any of the organisations or individuals listed above.

Signed.....