**Support Services and Counselling (including low-cost)**

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| **Service Name** | **Details** | **Address** | **Contact Information** |
| Mind in Haringey | Self-referrals, GP-referrals or referrals by other organisations to the counselling service. Low cost daytime and evening sessions on sliding scale, depending on income. (Likely to have long waiting lists).  Complete self-referral form here: <http://www.mindinharingey.org.uk/DocumentLibrary/May%202016%20Counselling%20referral%20form.doc> | Station House  73c Stapleton Hall Rd  N4 3QF | [counselling@mih.org.uk](mailto:counselling@mih.org.uk)  0208 340 2474  [www.mindinharingey.org.uk](http://www.mindinharingey.org.uk) |
| London Hearing Voices Network | The London HV Network is run through Mind in Camden. Network focuses on helping to create respectful and empowering spaces, whilst challenging the inequalities & oppressive practices that hold people back. There are about 40 groups across London.  2 groups in Haringey, Clarendon Café Paranoia & Beliefs Group (Tuesday 14:00 to 15:15) and Clarendon Café hearing Voices Group (Monday 14:00 to15:00). They are free and open to anyone, regardless of borough. Please contact each group via email and phone to find out about referrals and more information  Check groups timetable and contact: http://www.mindincamden.org.uk/wp-content/uploads/2018/08/LHVN-hearing-voices-groups-paranoia-groups-1.pdf | Clarendon Recovery College  Clarendon Rd  N8 0DJ  (Groups in Haringey) | [Merva.Smith@MUNGOS.ORG](mailto:Merva.Smith@MUNGOS.ORG) (Paranoia & belief group)  [Lesliann.jat@haringey.gov.uk](mailto:Lesliann.jat@haringey.gov.uk) (Hearing voices group)  020 8489 4860  http://www.hearing-voices.org/ |
| CPPD Counselling School | Low cost counselling with a trainee counsellor to people with low or no incomes.  50min appointments are offered Monday – Friday from 10am to 5pm. | CPPD Counselling School  1-2 Palace Gates  The Campsbourne  Hornsey  N8 7PN | [mail@cppd.co.uk](mailto:mail@cppd.co.uk)  0208 341 4843  <http://www.cppdlondon.com> |
| Highgate Counselling Centre | Charitable organisation offering counselling with a psychodynamic therapy.  Sliding scale dependent on income used for fee. Counselling is offered in multiple languages.  Accepts self-referrals. No waiting list for initial assessment, but may have to wait 4 weeks for sessions to start. | Highgate Counselling Centre, 58a Highgate High Street, London,  N6 5HX | [admin@highgatecounselling.org.uk](mailto:admin@highgatecounselling.org.uk)    0208 883 5427  <http://www.highgatecounselling.org.uk> |
| Highbury Counselling Centre | Counselling service on a wide range of issues such as anxiety, depression, loss and other distressing life events for community members over 18.  Both weekly one-to-one counselling and weekly group therapy are offered.  Sliding scale dependent on income used for fee. Counselling is offered in multiple languages.  Accepts self-referrals. To access the counselling service, fill in the forms.  <https://www.wlm.org.uk/what-we-do/hcc/hcc-application-process>  First appointment within 4 weeks after the initial assessment. | Highbury Counselling Centre  28 Highbury Grove N5 2EA | [highburycounselling@wlm.org.uk](mailto:highburycounselling@wlm.org.uk)  0207 354 4791  <http://www.wlm.org.uk/what-we-do/hcc> |
| Haringey Thinking Space | Therapeutic spaces in the community where local residents can meet regularly sharing and reflecting on difficulties and challenges and the generation of solutions.  Aim is to blend individual well-being and social development, contribute to building neighbourliness and community networks.  Thinking Space meetings are facilitated by Tavistock staff and trained volunteers. | Different Thinking Spaces meetings across Tottenham. Contact for further details. | [jcampbell@tavi-port.nhs.uk](mailto:jcampbell@tavi-port.nhs.uk)  07792386773  <https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/haringey-thinking-space/> |
| Open Door  *(ages 12-24)* | The Open Door team are professionally trained psychotherapists who specialise in working with and supporting young people (ages 12-24).  Services include free counselling, psychodynamic psychotherapy, and CBT.  Self-referrals via phone or email. Temporarily not accepting new referrals between 23-24. | Open Door (Crouch End)  12 Middle Lane  Crouch End  London  N8 8PL  Open Door (The Trampery) 639 High Road London N17 8AA | [enquiries@opendooronline.org](mailto:enquiries@opendooronline.org)  020 8348 5947  <http://opendooronline.org> |
| One in Four | Weekly specialist counseling support for survivors of sexual abuse. Also provides advocacy advice for survivors wishing to prosecute their abusers.  Fee depends on income of clients | 8 Manor Gardens London N7 6LA | [northlondon@oneinfour.org.uk](mailto:northlondon@oneinfour.org.uk)  07580 733271  <http://www.oneinfour.org.uk> |
| Haringey Relate Centre | Relationship support services, including counselling, mediation and sex therapy. For all backgrounds, ages, sexual orientations and gender identities  Fee depends on the therapist, average cost of one session is £45.00/£50.00 | Haringey Relate Lothair Road (North) Manor House London N4 1ER | [enquiries@relatelnene.org.uk](mailto:enquiries@relatelnene.org.uk)  01708 441722  <https://www.relatelnene.org.uk> |
| **Cruse Bereavement Care** | Provides one-to-one and other support to the bereaved organised through local branches. |  | General Helpline  [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  0808 8081677 (Mon-Fri 09:30-17:00)  [https://www.cruse.org.uk](https://www.cruse.org.uk/) |
| Mind in Camden | Phoenix programme is open to non-Camden residents. They provide counselling and groups such as peer support groups. They are accessed through personal budgets therefore clients need to have a care act assessment in order to attend. | **Barnes House (Main office)** 9-15 Camden Road London NW1 9LQ | [referrals@mindincamden.org.uk](mailto:referrals@mindincamden.org.uk)  0207 911 0822 or 0207 241 8973  <https://www.mindincamden.org.uk/contact> |
| Metanoia | Low cost counselling and psychotherapy up to 6 months of sessions at two sites  Sessional fee is £25; price can be further reduced according to your circumstances and the time of the appointment (minimum of £5 per session during the day and £12 after 5pm). | 13 North Common Road  London  W5 2QB  13 Gunnersbury Avenue  London  W5 3XD | [Shea.Holland@metanoia.ac.uk](mailto:Shea.Holland@metanoia.ac.uk)[Milena.Norgate@metanoia.ac.uk](mailto:Milena.Norgate@metanoia.ac.uk)  **0208 832 3080**  <http://www.metanoia.ac.uk/therapy/metanoia-counselling-and-psychotherapy-service/> |
| Spiral | Holistic therapy centre provides counselling, psychotherapy, complementary therapy and workshops.  Reasonable fees for sessions with qualified individual therapists. | 2 Shelburne Rd London N7 6DL | [info@spiralcentre.org](mailto:info@spiralcentre.org)  020 7607 4403  <http://spiralcentre.org/counsellors-psychotherapists/> |
| Solace Services | One-to-one counselling, group work and specialist holistic therapies to help women recover from traumatic abuse. | Unit 5-7, Blenheim Court  62 Brewery Road  London  N7 9NY | [advice@solacewomensaid.org](mailto:advice@solacewomensaid.org) (for support and advice)  [haringey.floatingsupport@solacewomensaid.org](mailto:haringey.floatingsupport@solacewomensaid.org) (Solace in Haringey)  0808 802 5565 (for support and advice)  020 8885 3557 (Solace in Haringey)  https://www.solacewomensaid.org/get-help |

**Ethnic Minorities Services**

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| **Service Name** | **Details** | **Address** | **Contact Information** |
| Imece Women’s Centre | Counseling Service offers therapy and support to Turkish, Kurdish, Turkish Cypriot and other Turkish speaking women who are over 18. For women affected by various forms of abuse/ violence such as forced marriage, honour based violence, domestic and partner violence.  16 counseling sessions for women living in Enfield, Waltham Forest, Haringey and Hackney. | 2 Newington Green Road London N1 4RX | [info@imece.org.uk](mailto:info@imece.org.uk)  [vawgreferral@imece.org.uk](mailto:vawgreferral@imece.org.uk)  [counselling@imece.org.uk](mailto:counselling@imece.org.uk)  Advice Line: 0207 354 1359  [www.imece.org.uk](http://www.imece.org.uk) |
| Nafsiyat (Intercultural Therapy Centre) | Nafsiyat offers short-term [intercultural therapy](http://www.nafsiyat.org.uk/Pages/Intercultural-therapy) to people from diverse background with no-charge. Therapy is provided in [22 languages](http://www.nafsiyat.org.uk/Pages/Languages).  They offer 12 weekly sessions free with a referral from GP. Otherwise they provide longer-term therapy with a fee. Fee depends on individual financial situation. | Unit 4, Lysander Mews Lysander Grove London N19 3QP | [admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk)  020 7263 6947  [www.nafsiyat.org.uk](http://www.nafsiyat.org.uk) |
| Refugee Therapy Centre | Psychotherapy to refugees including individual, couple, family, child and adolescent. Support based on assessment of need.  Therapy offered in English or in other languages.  Referrals accepted only via post with documents and GPs and clinical coordinators. Temporarily not accepting new referrals. | Refugee Therapy Centre 1A Leeds Place Tollington Park  London N4 3RF | [info@refugeetherapy.org.uk](mailto:info@refugeetherapy.org.uk)  0207 272 7498  [www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk) |
| Latin American Women’s Rights Service | Holistic organisation providing culturally and linguistic specialist advice (in Spanish and Portuguese), information, counseling and psychotherapy, advocacy, development programmes, workshops, wellbeing groups and targeted support to Latin American women.  Drop-in sessions are provided every Monday from 9am to 1pm. | Tindlemanor 52-54 Featherstone Street London EC1Y 8RT | [mariajose@lawrs.org.uk](mailto:mariajose@lawrs.org.uk)  020 7324 9802 020 7336 0888 084 4264 0682  <http://www.lawrs.org.uk/en/counselling-and-psychotherapy/> |
| ICAP (Immigrant Counselling and Psychotherapy) | Free and low cost counselling for all people of Irish identity including;  •Survivors of Institutional and clerical abuse, and families of survivors  •Former residents of the Magdalene Laundries  •Other Irish people (Irish born and Irish heritage) who feel that they could benefit from counselling  Self-referral form here: http://www.icap.org.uk/wp-content/uploads/2015/12/Referral-form-August-2015.pdf | 96 Moray Road  London  N4 3LA | [clinicaladmin@icap.org.uk](mailto:clinicaladmin@icap.org.uk)  020 7272 7906  http://www.icap.org.uk/ |

**Other Community Resources**

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| **Service Name** | **Details** | **Address** | **Contact Information** |
| Clarendon Recovery College | Community learning and education center for people experiencing mental health difficulties and their supporters.  Courses on main timetable are free for Haringey residents aged 18 and over and are delivered by mental health practitioners and people with experience of mental illness.  To enroll, fill in the enrolment form then send it to [enrolCRC@haringey.gov.uk](mailto:enrolCRC@haringey.gov.uk) or post it to the address | Clarendon Recovery College Clarendon Road Hornsey London  N8 0DJ | [enrolCRC@haringey.gov.uk](mailto:enrolCRC@haringey.gov.uk)  020 8489 4860  https://www.haringey.gov.uk/social-care-and-health/mental-health/clarendon-recovery-college |
| Halliwick Walking Group | Weekly group which meets Wednesdays for a local walk. Encourages physical exercise and social interaction. | Meeting point:  Chestnuts Café (opposite St Ann’s Hospital)  300 St Ann's Rd  London  N15 5RP | Please contact: jane.o'neill4@nhs.net |
| Living Under One Sun | Delivering programmes to bring nature, sports, well-being and harmony closer to communities. Current projects are community-led estate based gardening, food growing and healthy eating projects. More projects available on website.  Volunteering opportunities and educational visit are offered.  All activities are free of charge. | Neighbourhood Community Centre 177 Park Lane  London N17 0HJ | info@livingunderonesun  020 8801 6868  <http://www.livingunderonesun.co.uk/> |
| Haringey Libraries | Libraries provide books, DVDs, and music CDs to borrow for members. Computers and printer services are available. Fees are available online.  To join the libraries, fill in the Library Membership form (download online and pick up from local libraries) and bring two original forms of ID then simply hand in at the local libraries. Memberships need to be renewed every three years.  Regular activities like reading group and writing group are planned every month. | Multiple locations, please check the website for your nearest libraries.  https://www.haringey.gov.uk/libraries-sport-and-leisure/libraries/library-events | 020 8489 4560 (General enquiries)  https://www.haringey.gov.uk/libraries-sport-and-leisure/haringey-libraries |
| HALS | Courses include Microsoft Office skills, math, bookkeeping and ESOL (English for speakers of other languages)  Talk to an advisor, take an online assessment and enroll and pay for your course. Fees are available online. | Wood Green Learning Centre Wood Green Library High Road  London N22 6XD | hals@haringey.gov.uk  020 8489 2596 / 2523  https://www.haringey.gov.uk/jobs-and-training/adult-learning/hals-programme |
| The Shine | Community-led space helps to create a network and foster a strong and cohesive community.  They offer training and volunteering opportunities, artwork exhibitions by local residents and community led groups. Free entry for most of the activities. | 89-91 Turnpike Lane  Haringey  London  N8 0DY | hello@shineharingey.org.uk  07944 664 187  http://shineharingey.org.uk/ |