

List Of Counselling Services in York

- This list of local services is not exhaustive and has been sourced using Google.
- York Medical Group holds no liability for the accuracy of the website addresses listed here or for the quality of services or care received from these organisations.
- We provide this list for information only. Links are correct at time of printing.

1-2-1 Counselling York

Charity offering short-term general mental health counselling.

<https://121counsellingyork.org/>

Andy's Man Club

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups.

<https://andysmanclub.co.uk/>

The Belfrey

A friendly and affordable counselling service, in partnership with Wellspring Therapy and Training, available to anyone 18+ years living in the York area.

<https://www.belfrey.org/counselling>

Changing Lives York Drug & Alcohol Support

Helping anyone who wants to be free from their dependency on drugs and/or alcohol, as well as people who support those who are misusing substances.

<https://www.changing-lives.org.uk/find-support/york-drug-and-alcohol-services>

Cruse Bereavement Support

Supporting those who are grieving.

<https://www.cruse.org.uk/get-support/>

IDAS

Supporting people affected by domestic abuse and sexual violence.

<https://idas.org.uk/>

Kyra Women's Project

Counselling for women who feel they would benefit from a confidential, empathic listening space.

<https://www.kyra.org.uk/our-activities/counselling/>

Mainstay Counselling

Charity supporting people who have a broad variety of mental health concerns.

<https://www.mainstayuk.org/counselling>

Samaritans

Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year.

<https://www.samaritans.org/>

Shout

Free, confidential and 24/7 text messaging service for anyone in the UK who needs support.

<https://giveusashout.org/get-help/>

Survive

Working to help survivors of rape, sexual assault or child sexual abuse rebuild their lives, relationships and reach their potential.

<https://www.survive-northyorks.org.uk/>

York Against Cancer

Charity supporting those with cancer, and those caring for others with cancer.

<https://www.yorkagaincancer.org.uk/>

York Mind

Affordable general counselling service for adults aged 18 and over

<https://www.yorkmind.org.uk/how-we-help/counselling/counselling-adults/>

York St John Communities Centre Counselling

General counselling for a range of difficulties including depression, anxiety, stress, trauma, relationships, bereavement and loss.

<https://www.yorksja.ac.uk/working-with-the-community/communities-centre/counselling/>

York Women's Counselling Services

Counselling for women experiencing emotional and mental health difficulties as a result of current or past emotional stress or trauma.

<https://yorkwomenscounselling.org/get-help-1>

Self-refer to NHS Talking Therapies (formerly IAPT)

For significant events like bereavement, unemployment, relationship breakdown, traumatic events or even stress at work. Problems with low mood, anxiety and depression.

<https://yorkandselbytalkingtherapies.co.uk/>

British Association for Counselling and Psychotherapy Therapist Directory

Alternatively, Private Counsellors offer quicker access, often with no waiting list, and an unlimited number of sessions, but they cost more. You can look for a qualified counsellor using the BACP website search facility:

<https://www.bacp.co.uk/search/Therapists>