

# Counselling Resource list

## Low-cost counselling

### *Avon Counselling and Psychotherapy Service*

Counselling and psychotherapy for adults experiencing emotional and psychological difficulties at various venues in Bristol and Bath areas.

0117 930 4447

### *GP Referral*

Some GPs will refer patients to counsellors working within their practice or to counselling services within the NHS.

### *Listen-In*

Low cost counselling in Bristol with students training to be counsellors at the University of Bristol.

0117 331 4359    [www.bristol.ac.uk/cppd/listenin.html](http://www.bristol.ac.uk/cppd/listenin.html)

### *Network*

A general counselling service to anyone in the Bristol area

0117 950 7271    [www.network.org.uk](http://www.network.org.uk)

### *The British Association for Counselling and Psychotherapy*

A comprehensive list of accredited counsellors in your area

[www.bacp.co.uk](http://www.bacp.co.uk)

### *Relate*

Relationship counselling

0117 942 8444    [info@relate.avon.org.uk](mailto:info@relate.avon.org.uk)

## Bereavement

### *Cruse Bereavement*

Free bereavement counselling

0117 926 4045    [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

### *Hopes place*

Offers free counselling and advice to women( and partners) with issues such as miscarriage, still-birth, adoption, post-abortion and sexual health concerns.

0117 968 6303    [www.hopesplace.org.uk](http://www.hopesplace.org.uk)

### *The Harbour*

Providing free and professional counselling and psychotherapy for people affected by a life-threatening illness.

0117 925 9348 <http://www.the-harbour.co.uk>

## **Sexual Abuse**

### *Avon Sexual Abuse Centre*

Provides one to one counselling and psychotherapy to adults who have been sexually abused as children, or sexually assaulted as adults.

0117 935 1707

### *Kinergy*

A free and confidential service for all survivors of sexual abuse and rape.

0117 908 7712

### *Southmead Touchstone*

Emotional, physical or sexual abuse, past or present. Free counselling

0117 950 6022

### *Bristol Crisis Service for Women*

0117 925 1119

### *Rape Crisis Line*

0117 9298868 [info@bristolrapecrisis.org.uk](mailto:info@bristolrapecrisis.org.uk)

## **Young People**

### *Childline*

Emotional wellbeing for children and young people

0117 9291533 [www.childline.org.uk](http://www.childline.org.uk)

### *Off the Record*

Free confidential advice, informal support and counselling for young people aged 11-25

0808 808 9120 [www.otrbristol.org.uk/](http://www.otrbristol.org.uk/)

### *Help Counselling 9-25yrs*

One to one, groups, parent and child workshops

0117 950 2511 [www.help-counselling.org.uk](http://www.help-counselling.org.uk)

## **Debts**

*National debt line* 0808 808 4000

*Citizens Advice* 0870 121 2134

*Gamblers Anonymous* 020 73843040

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

## **Drugs and Alcohol**

### *Alcohol Misuse Services (AMS)*

Concerns about your own or somebody else's drinking or drug use. Free counselling service.

0117 930 0282 <http://www.addictionrecovery.org.uk>

*AA Bristol* 0117 9265520

*Addiction Recovery Agency* 0117 9300282

Free counselling service [www.addictionrecovery.org.uk](http://www.addictionrecovery.org.uk)

### *Bristol Drugs Project*

Advice and counselling to drug misusers, relatives and friends, and other professions working with drug misusers.

0117 987 1500 <http://www.bdp.org.uk>

## **Eating Disorders**

### *Beat*

Help and support for people affected by eating disorders, their carers, friends and family.

0845 634 1414 [www.b-eat.co.uk](http://www.b-eat.co.uk)

## **Victim Support**

Emotional and practical support to people affected by crime  
0117 963 1114 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

## **Disability Advice Network**

01302 310 123

For a more extensive list see Bristol Mind  
[www.bristolmind.org.uk/mental-health](http://www.bristolmind.org.uk/mental-health)