

Counselling

Lateef Project

The Lateef Project Islamic counselling can help you address, process, and manage your mental health problems, questions, and worries.

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

Email: info@lateefproject.org

BAATN (Black, African and Asian Therapy Network)

BAATN provide a therapist directory (varying costs may apply).

Telephone: 020 3600 0712

Email: connect@baatn.org.uk

Relate

Relate is a confidential service for adult couples that provides relationship counselling, sex therapy, relationship education and training.

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

Email: info@relate-avon.org.uk

Moodzone

Offers a list of mental health helplines. Whether you're concerned about yourself or a loved one, these helplines can offer expert advice.

<https://www.forumhealthcentre.nhs.uk/your-health/moodzone-stress-anxiety-and-depression>

BACP (British Association for Counselling and Psychotherapy)

BACP provide a list of registered accredited therapists and organisations offering counselling and psychotherapy.

Some charitable organisations offer free treatment. Private therapists charge between £10 and £60 per session.

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