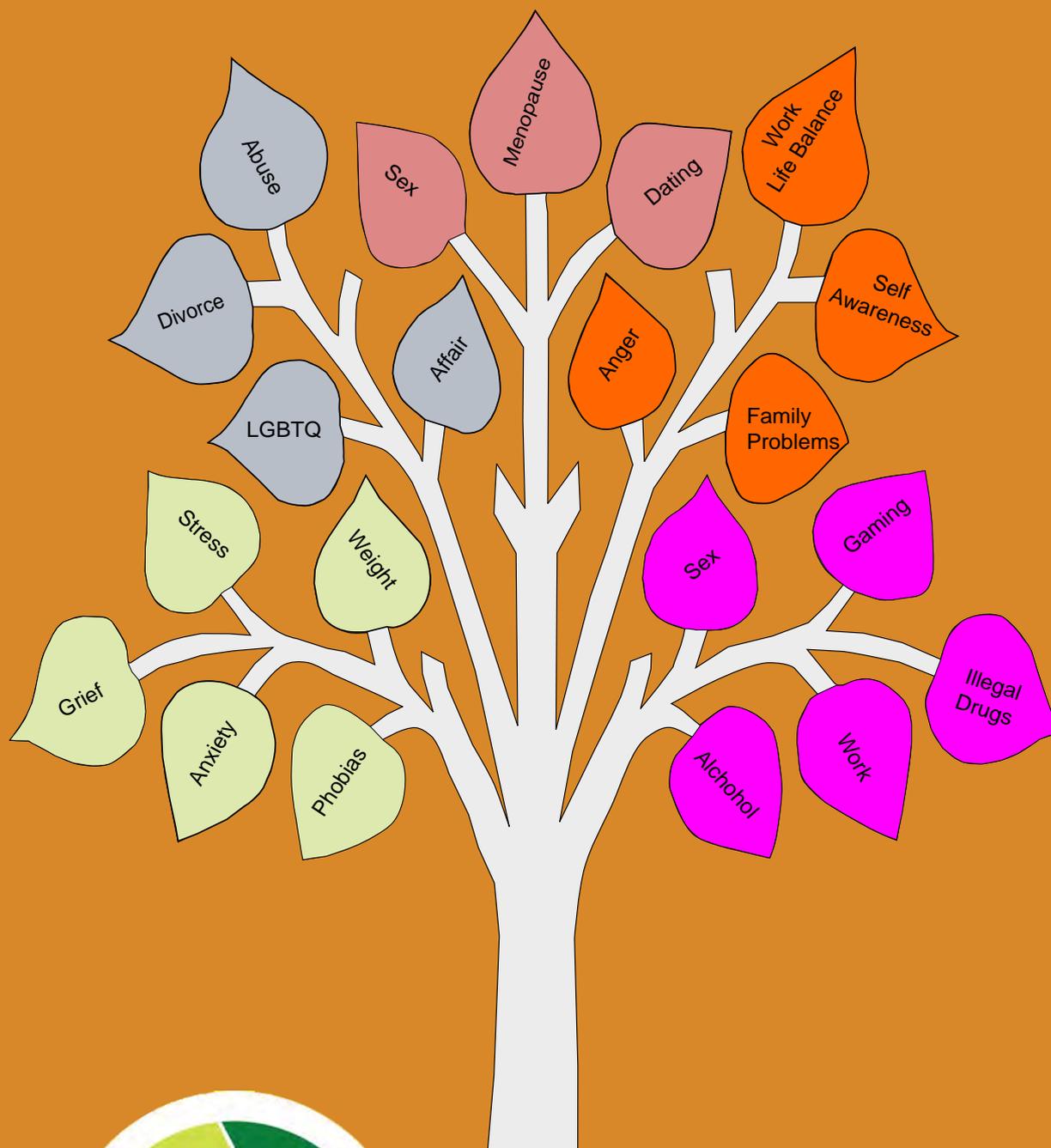


Guide to Counselling Services in Edinburgh



Edinburgh **Health and
Social Care** Partnership



November 2022

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November 2022

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[For more options](#)

It will take time and research commitment to find a counsellor which fits your needs as well as one you are comfortable with, therefore additional Service Directories have been highlighted for your review Page 46

Keeping the guide up to date:

Services have been included within this guide to provide comprehensive, useful and accurate Community Service listings available within the Capital. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk



Introduction

Counselling is a therapy consisting of a trained therapist listening and helping patients to deal with emotional issues.

In certain terms “counselling” is referring to general talking therapies but it can also be a type of therapy in its own right.

What can counselling help with?

Counselling can help you cope with:

- a mental health condition, such as depression, anxiety or an eating disorder
- an upsetting physical health condition, such as infertility
- a difficult life event, such as a bereavement, a relationship breakdown or work-related stress
- difficult emotions – for example, low self-esteem or anger
- other issues, such as sexual identity.

What to expect from counselling?

Within a scheduled appointment, encouragement will be provided to share personal feelings and emotions with a trained therapist, who will listen and support, without judgement or criticism.

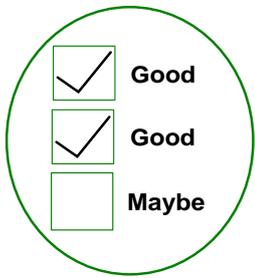
The therapist will assist on gaining a better understanding of your feelings and thought process, to find personal solutions to issues, while not giving advice or instructions of what to do.

Counselling can take place:

- face to face
- in a group
- over the phone
- by email
- online through live chat services (learn more about online tools for mental health).

It will be determined if a single counselling session will suffice or an offer of weekly / monthly / extended courses may be arranged.

This guide offers guidance on counsellor selection, guidance getting the most out of sessions and a helpful list of services in Edinburgh.



Selecting a Counsellor

Private counselling

The option to pay privately for a therapist is always available. Research to ensure they are qualified and you are comfortable talking with them as the cost of a private counselling session may vary on location and can range between £10 - £70 per hour/session.

Many private therapists offer an initial free session and lower rates for students, job seekers and those on low wages. You should ask about charges and agree a price before starting a course of counselling.

Charities and voluntary organisations

Some charities and voluntary organisations also offer counselling. These organisations usually specialise in a particular area, such as couples counselling, bereavement or family guidance. You do not need a referral from a GP for an appointment for these services, but you may have to pay a fee to cover the cost of your sessions.

Charities that may offer counselling include:

Cruse Bereavement Care – bereavement advice and support

Rape Crisis Scotland – women, girls and male survivors who have been raped or sexually abused

Relationships Scotland – relationship advice and counselling

Samaritans Edinburgh – people to talk about whatever's troubling them at any time

Victim Support – victims and witnesses of crime

You may also be able to access support groups through your local community, church or social services.

Finding a qualified therapist

As counselling involves talking about sensitive issues and revealing personal thoughts and feelings, your counsellor should be experienced and professionally qualified.

Reputable therapists will be registered and accredited by the Professional Standards Authority (PSA), which insures professional standards to practice.

You can find a qualified therapist in 3 simple steps on the PSA website.

Other talking therapies

As well as counselling, there are many other types of psychological or “talking” therapies which include sharing feelings and problems with a therapist.

Read more about other talking therapies and how they can help:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counseling/types-of-talking-therapies/>



How to get the most out of your therapy sessions

Counselling can be a great chance to examine your past patterns of behaviour, assess what is and isn't working for you and try out new ways of thinking and being. Listed below are some options on how counselling may promote powerful changes in your life.

- **Set goals:** Counselling may be difficult in the beginning but having a clear idea and defined goals of what you would like to achieve during scheduled sessions will make the difference. Try stating your goals in a sentence or phrase such as, "I want to overcome my depression" or have "better relationships".
- **Get specific about your issues:** Approaching your issues in a specific manner will ensure progress during counselling. This involves working with the therapists to identify the individual elements contributing to their distress and then taking action to address these elements. Clients who shun the specific approach in preference for looking for the 'one key solution' to their issues are less likely to make progress.
- **Have realistic and positive expectations for counselling:** Unrealistic or overly negative expectations make it less likely progress will occur.
- **Review regularly:** Built into the counselling process are regular reviews sessions which grants the opportunities for discussion and review of what was helpful and what wasn't. Although it can be difficult at first, being open and honest with feedback to your counsellor is the most effective way to ensure time together is meeting your needs.
- **Be open to trying new ideas and skills:** The client has to accept the support of the therapist and be open to suggestions and feedback. Without this level of trust, it is very difficult for change to occur because keeping a safe distance from the therapist will only lead to a superficial way of working. If there is any resistance or hesitancy, the under taken process will be slower and issues could be compounded. Remember to keep an open mind and see what happens!
- **Be patient:** It's really important to be patient and kind with yourself as you go through this process. It might have taken many years for your issues to develop so it may well take some time for changes to make a difference in your overall mood.



Get Help Now

In Edinburgh, there are a number of services available but all are dealing with a heavy public demand, therefore it may take some time before the first session appointment with a Counsellor after registration.

If you require immediate assistance, advice and support or are actively experiencing a mental health crisis, contact one of the options noted below:

- **Your GP**
- **The NHS Mental Health Assessment Service:** Due to the pandemic, the service is unable to offer a 24 hour walk in service and asks people to call 0131 286 8137 to speak to a mental health nurse.
- **Breathing Space:** 0800 83 85 87
- **The Samaritans:** 08457 90 90 90
- **Edinburgh Crisis Centre:** 0808 801 0414

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Health in Mind - Counselling for Survivors of Sexual Abuse

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: counselling@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/counselling_for_survivors_of_sexual_abuse/d168/

Summary: Counselling offers a safe, confidential place where people can talk about the difficulties, they have experienced in their lives. Trained Counsellors will help support them through this process. This counselling service offers telephone and video counselling. We offer counselling for up to six months for people aged 18 years and over who are survivors of childhood sexual abuse living in the Edinburgh area.

NB: August 2022: Unfortunately due to high demand Health in Mind are currently unable to accept enquiries for their Trauma Counselling and Trauma Counselling Line Scotland Services. Health in Mind hope to open these services to enquiries at a later date.

Counselling: Abuse

Health in Mind - Pathway Men

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: traumaservices@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/trauma_support/d159/

Summary: Practical and emotional support for men who are survivors of childhood sexual abuse or men who have experienced rape, sexual abuse or domestic violence as adults. Support is provided to develop coping strategies, build self-confidence and reduce stress and anxiety. You can self-refer or be referred by someone else. Please note that there is an extensive waiting list.

NB: August 2022: Unfortunately due to high demand Health in Mind are currently unable to accept enquiries for their Trauma Counselling and Trauma Counselling Line Scotland Services. Health in Mind hope to open these services to enquiries at a later date.

Health in Mind - Pathway Women

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: traumaservices@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/trauma_support/d159/

Summary: Practical and emotional support for women who are survivors of childhood sexual abuse. Support is provided to develop coping strategies, build self-confidence and reduce stress and anxiety. This service is available to people living in North West, South East and South West Edinburgh. Please note that there is an extensive waiting list.

NB: August 2022: Unfortunately due to high demand Health in Mind are currently unable to accept enquiries for their Trauma Counselling and Trauma Counselling Line Scotland Services. Health in Mind hope to open these services to enquiries at a later date.

Counselling: Abuse

In Care Survivors

14 Bank Street
Alloa FK10 1HP

T: 0800 121 6027 - Helpline

E: <https://www.incaresurvivors.org.uk/contact>

W: <https://www.incaresurvivors.org.uk/>

FB: <https://www.facebook.com/In-Care-Survivors-Service-Scotland-121308051238016/>

Summary: Confidential support to individuals who have experienced childhood trauma whilst in a care setting.

In Care Survivors Service Scotland (Partnership led by Open Secret)

Open Secret/Wellbeing Scotland
14 Bank Street
Alloa FK10 1HP

T: 01324 630 100

E: info@wellbeingscotland.org

W: <http://www.incaresurvivors.org.uk/>

FB: <https://www.facebook.com/WellbeingScotland/>

Summary: A trauma specialist counselling and advocacy support service, for adults who suffered childhood abuse in care, through their team of specialist trauma therapists.

Counselling: Autism

Number 6 – Autism Initiatives

24 Hill Street
Edinburgh EH2 3JZ

T: 07570 953 331

E: number6@aiscotland.org.uk

W: <http://number6.org.uk/>

FB: <https://www.facebook.com/Number6OSS>

Summary: The one-stop shop for adults with High Functioning Autism or Asperger Syndrome.

If submitting a referral please email number6@aiscotland.org.uk and an initial appointment via phone/video call or in person at Number 6 will be organised..

Number 6 is a service for autistic adults who fit the following criteria:

- 16 and over
- formally diagnosed with autism
- No additional learning disability
- Resident in Edinburgh, the Lothians or the Scottish Borders.

Bereavement UK

E: dav.boy@btinternet.com

W: <http://www.Bereavementuk.co.uk>

FB: <https://www.facebook.com/groups/1566851883557388/>

Summary: This service has a Facebook Support Forum and a Chat Room, and includes a special support group for those who have lost a child.

Counselling: Bereavement

Caledonia Cremation - Scottish Funeral Costs Helpline

18 Orkney Street
Glasgow G51 2BX

T: 0300 011 3301 (Helpline)

Opening Hours: Monday–Sunday 24 Hours

E: <https://www.caledoniacremation.org.uk/contact/>

W: <https://www.caledoniacremation.org.uk/>

Summary: A free impartial helpline for anyone wanting advice about funeral costs.

Cruse Bereavement Care Scotland

Riverview House
Friarton Road
Perth PH2 8DF

T1: 0845 600 2227 (Phoneline)
T2: 01738 444178

W: <http://www.crusescotland.org.uk>
W: <http://www.cruse.org.uk/get-help/about-grief>
FB: <https://www.facebook.com/CruseScot/>
Tw: <https://twitter.com/search?q=CruseScotland>

Summary: Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. A range of free confidential support is available for adults and children.

Counselling: Bereavement

Cruse Bereavement Counselling (CBCS)

CBCS Headquarters
29 Barossa Place
Perth PH1 5HH

T: 0808 802 6161 - Helpline
Opening Hours: Monday-Friday 9am-8pm and Weekends 10am-2pm

E: info@crusescotland.org.uk
W: <http://www.crusescotland.org.uk/>
FB: <https://www.facebook.com/CruseScot/>
Tw: <https://twitter.com/search?q=CruseScotland>

Summary: Cruse Bereavement Care Scotland (CBCS) supports people through the loss and grief that follow bereavement. One-to-one counselling is provided a minimum of six months after bereavement, although it is not unusual for help to be sought many years after the death has occurred.

One-to-one counselling is offered throughout Scotland. It can be delivered face-to-face in a local meeting room, via the phone or via video conferencing.

Good Life, Good Death, Good Grief

Scottish Partnership for Palliative Care

CBC House

24 Canning Street

Edinburgh EH3 8EG

T: 0131 272 2735

E: office@palliativecarescotland.org.uk

W: <https://www.goodlifedeathgrief.org.uk/>

FB: <https://www.facebook.com/LifeDeathGrief/>

Tw: <https://twitter.com/LifeDeathGrief>

Summary: Online education for informal carers which offers an introduction to end of life issues.

Counselling: Bereavement

Grief after bereavement or loss

NHS

W: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Summary: This site offers six 6 ways to feel happier, ways to sleep, peer support, and free audio guides from the NHS.

Sue Ryder

Kings House
King Street
Sudbury
Suffolk CO10 2ED

T: 0808 164 4572

W: <https://www.sueryder.org/how-we-can-help>

FB: <https://www.facebook.com/SueRyderNational/>

Tw: https://twitter.com/Sue_Ryder

Inst: <https://www.instagram.com/suerydercharity/>

YT: <https://www.youtube.com/channel/UCdHjpGM1jszK1epTAYipKKA>

Summary: End of Life forums and guidance on how to start a conversation about death and dying, and to talk with children.

Counselling: Bereavement

Understanding and coping with grief and Loss

W: <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

Summary: Coping with Grief and Loss. Helping people to understand the stages and types of grief and find healthier ways to cope.

Counselling: Bereavement

Space for Grief Bereavement Group

Craigmillar, Edinburgh

T: 07909257414

T2: 07909257415

E: connectingcraigmillar@gmail.com

Summary: Anyone over 18 in the Greater Crigmillar area who is bereaved and experiencing grief. Runs in 8 week blocks four times a year. Enquire on contact details below to find out details of the latest group.

Vocal Carers Centre

Edinburgh Carers' Hub
60 Leith Walk
Edinburgh EH6 5HB

T: 0131 622 6666

E: centre@vocal.org.uk

W: <http://www.vocal.org.uk>

FB: <https://www.facebook.com/VOCALEdinburgh>

Summary: VOCAL provides support for unpaid carers in all caring situations and relationships, regardless of being a relative or living with the person. Support being offered by phone and NHS Attend Anywhere online video appointments.

Counselling: Children and Young People

The Junction Youth Centre

82-86 Great Junction Street
Edinburgh EH6 5LL

T: 0131 553 0570

E: support@the-junction.org

W: <http://the-junction.org/>

FB: <https://www.facebook.com/TheJunctionEdinburgh/>

Summary: The Junction is a support centre for young people (12-21) in Leith and North Edinburgh.

Click on the links above for more information or to arrange a free 30 minute confidential one-to-one chat with a worker.

The Drop-In is a safe space to come to alone or with a pal to have a one-to-one chat with a worker, use the sexual health services or just chill out for a bit

Community Compass

Carr-Gomm
11 Harewood Road
Edinburgh EH16 4NT

T: 0300 666 3030

E: <https://www.carrgomm.org/forms/contact-us>

W: <https://www.carrgomm.org/community-compass>

FB: <https://www.facebook.com/CarrGomm>

Summary: This Carr-Gomm's Community Link Working project aims to support people to connect with local services and help them overcome challenges such as money worries, unemployment, or isolation, they are facing.

Counselling: Craigmillar

Health in Mind - Craigmillar Counselling

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: counselling@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/craigmillar_counselling/d169/

Summary: This counselling service offers a safe, confidential place where people can talk about the difficulties, they have experienced in their lives with the trained Counsellors who will help support through this process.

This counselling service offers telephone and video counselling. They offer up to 12 sessions for people aged 18 years and over, living in the Greater Craigmillar area.

Edinburgh Crisis Centre

C/O 5 Leamington Terrace
Edinburgh EH10 4JW

T: 0808 801 0414 (Helpline)

E: crisis@edinburghcrisiscentre.org.uk

W: <http://www.edinburghcrisiscentre.org.uk>

FB: <https://www.facebook.com/theedinburghcrisiscentre/>

Summary: This centre provides a community based, emotional and practical support at times of crisis. It is a service for people who are aged 16 and over who are using or have used mental health services and are resident in the City of Edinburgh when they are facing a crisis. This includes people who have seen their GP, used voluntary services and people who identify themselves as having a mental health issue.

Click on the links above for more information and to see all the different methods available on offer for help to be requested.

Counselling: Deaf Counselling

Health In Mind - Lothian Deaf Counselling

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: contactus@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service/d143/

FB: <https://en-gb.facebook.com/healthinmindscotland>

Tw: https://twitter.com/Health_in_Mind

Inst: https://www.instagram.com/health_in_mind/

Summary: Lothian Deaf Counselling Service provides a free confidential counselling service for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind throughout Lothian who will benefit from a counselling service specially designed to meet their needs. We offer counselling in British Sign Language (without interpreter) is available and also in English. A personal loop system and communication in written English are available for people who are deafened or hard of hearing.

Lothian Deaf Community Mental Health Service

49 Albany Street
Edinburgh EH1 3QY

T: 0131 556 3128

T2: 0781 563 7019 (SMS)

T3: 0781 563 7024 (SMS)

E: LDCMHS@deafaction.org

W: <http://www.deafaction.org>

FB: <https://www.facebook.com/DeafActionUK/>

Summary: This service is a community mental health service for deaf people.

Counselling: Disability

TalkTime Scotland

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 07774 210 104

E: talktimescotland@gmail.com

W: <http://www.talktimescotland.co.uk/>

FB: <https://www.facebook.com/talktimescotland>

Tw: <https://twitter.com/talktimes>

Summary: The first free counselling service for 12-25 year olds with physical disabilities and long term health conditions.

Amina - The Muslim Women's Resource Centre

Citywall House
32 Eastwood Avenue
Glasgow
G41 3NS

E: info@mwrc.org.uk
T: 0808 801 0301 (Helpline)
T2: 0141 212 8420 (Main number)

Opening Times: Monday–Friday 10.00am–4.00pm (Helpline)

E: info@mwrc.org.uk
W: <http://www.mwrc.org.uk>
FB: <https://www.facebook.com/amina.mwrc.1/>

Summary: Aims to inspire Muslim women to fulfil their true potential and empower them to participate fully in all aspects of society, without fear of discrimination or inequality.

Counselling: Ethnic Minorities

Saheliya

125 McDonald Road
Edinburgh EH7 4NW

T: 0131 556 9302
E: info@saheliya.co.uk
W: <http://www.saheliya.co.uk/>
FB: <https://www.facebook.com/saheliya.bme.women>
Tw: <https://twitter.com/Saheliya>

Summary: This service is a specialist mental health and wellbeing support organisation for black and minority ethnic women and girls (12+) in Scotland.

Shakti Women's Aid

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2399

E: info@shaktiedinburgh.co.uk

W: <http://shaktiedinburgh.co.uk/>

FB: <https://www.facebook.com/ShaktiWA>

Summary: This services helps black and minority ethnic women, children, and young people experiencing, domestic abuse. Covid-19 - currently due to Coronavirus, we have stopped face to face support. However, we will be supporting our women, children and young people through telephone, WhatsApp and Facetime.

Counselling: Ethnic Minorities

FENIKS - Counselling, Personal Development

151 London Road
Edinburgh EH7 6AE

T: 0131 629 1881

E: info@feniks.org.uk

W: <http://www.feniks.org.uk>

FB: <https://www.facebook.com/Feniks.Support.Services/>

Summary: This group of professionals (psychologists, educators and psychotherapists) who have come together to establish FENIKS, a project which it is hoped will successfully fill a gap in the psychological services available to the Polish community in Edinburgh. Counselling is offered by face to face/phone or Zoom.

Family Mediation Lothian

18 York Place
Edinburgh EH1 3EP

T: 0131 556 8118 (Helpline)

T2: 0131 556 1221 (Office)

E: admin@scottishmediation.org.uk

W: <https://www.scottishmediation.org.uk/mediator/family-mediation-lothian/>

FB: <https://www.facebook.com/Scottish-Mediation-522805757835668/>

Tw: <https://twitter.com/ScotMediation>

Summary: This group of family mediators helps families in conflict, particularly those going through divorce, separation or family re-structuring, to understand and communicate with each other better so they can make practical plans for the future. Mediation can help minimise conflict, improve family life and help avoid long, painful and expensive legal battles.

Counselling: Family

Home Link Family Support

1 Dalkeith Road
Edinburgh EH16 5GA

T: 0131 661 0890

E: info@homelinkfamilysupport.org

W: <https://www.homelinkfamilysupport.org/>

Summary: This service provides support to families with young children who are under stress and experiencing difficulties.

Click on the links above for more information.

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Dads Rock Free Counselling

525 Ferry Road
Edinburgh EH5 2FF

T: 07807 498 709

E: thomas@dadsrock.org.uk

W: <http://www.dadsrock.org.uk>

FB: <https://www.facebook.com/dadsrockedin/>

Tw: <https://twitter.com/DadsRockOrg>

Inst: <https://www.instagram.com/dadsrockorg/>

Summary: This service supports and helps dads to engage with their children and to build strong lasting relationships. Dads Rock uses music and the arts to encourage self-expression and improve self-esteem in both dads and their children. Young Dads Project offers one-to-one support for Edinburgh at-risk young dads, aged 30 or under.

Counselling: Guided Self Help

Health in Mind - Guided Self Help

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

W: https://www.health-in-mind.org.uk/services/guided_self_help/d155/

Summary: One-to-one support to access self-help materials. Sessions are currently being delivered online (Zoom) and by telephone. The self-help material is based on the principles of Cognitive Behavioural Therapy (CBT) and is for anyone aged 18 and over experiencing mild to moderate anxiety or depression, stress or sleep problems.

A guided self-help worker provides one-to-one support to empower people to make positive changes in their life now and going forward. How to access the service? This service can only be accessed via GP or Community Link Worker referrals, please speak to a GP for more information.

LGBT Health and Wellbeing

Duncan Place Community Hub
4 Duncan Place
Edinburgh EH6 8HW

T: 0300 123 2523 (Helpline)

E: admin@lgbthealth.org.uk

W: <https://www.lgbthealth.org.uk/>

Summary: The Centre promotes the health and wellbeing of lesbian, gay, bisexual and transgender (LGBT+) adults (16+).

Counselling: LGBT

LGBT Youth Scotland

5/1 Mitchell House
Mitchell Street
Edinburgh EH6 7BD

T: 07984 356 512

E: info@lgbtyyouth.org.uk

W: <https://www.lgbtyouth.org.uk/>

FB: <https://www.facebook.com/lgbtys>

Tw: <https://twitter.com/lgbtys?lang=en>

Inst: <https://www.instagram.com/lgbtys/>

Summary: LGBT Youth Scotland provides youth work to LGBTI young people.

Health in Mind - The Listening Space

40 Shandwick Place
Edinburgh EH2 4RT

Contact: Anna Chimiel

T: 0131 225 8508

Opening Times: Wednesday 12.30pm-2pm (On Zoom)

E: edinburgh@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/the_listening_space/d125/

Summary: This service offers a range of drop-in peer support services for people living in Edinburgh and are open to people who want to have a space to be listened to, and to connect with others who understand.

Provides a space for positive mental health and wellbeing where you can chat individually with a peer volunteer and/or participate in a peer-support group.

The Listening Space is a peer support space to share, listen, and support each other, along with activities exploring how the group look after their mental health and wellbeing.

Counselling: Listening Therapy

The Samaritans of Edinburgh and the Lothians

25 Torphichen Street
Edinburgh EH3 8HX

T: 116 123 (Helpline)

Opening Hours: Monday–Sunday 24 hours

T: 0330 094 5717 (local call charge applies)

E: edinburgh@samaritans.org

W: <https://www.edinburghsamaritans.org>

FB: <https://www.facebook.com/samaritanscharity>

Summary: This service provides provides confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Counselling: Listening Therapy: Phonenumber

Breathing Space Phonenumber

T: 0800 838 587 (Helpline)

W: <http://www.breathingspace.scot/>

Summary: This free and confidential phone and web based service is for people in Scotland experiencing low mood, depression, or anxiety.

Beating the Blues Institute of Psychiatry Kings College

W: <http://www.beatingtheblues.co.uk/>

Summary: This effective treatment is effective treatment for people feeling stressed, depressed, anxious or just down in the dumps.

Counselling: Online - Panic

No Panic

51a Market Street
Oakengates
Telford TF2 6EL
Shropshire

T: 0300 772 9844 (Helpline)
T2: 0330 606 1174 (Youth Helpline)
T3: 01952 680835 (24h Crisis Line)

Opening Hours: Monday–Friday 10.00am–10.00pm (Adult), Monday–Wednesday, Friday 3.00pm–6.00pm.
Thursday 3.00pm–8.00pm, Saturday 6.00pm–8.00pm (Youth)

E: admin@nopanic.org.uk
W: <http://www.nopanic.org.uk>
FB: <https://www.facebook.com/charitynopanic>

Summary: No Panic aims to help people who suffer from Panic Attacks, Phobias, OCD and other related anxiety disorders.

Crossreach Edinburgh Perinatal Service

52 Queen Street
Edinburgh EH2 3NS

T: : 0131 538 7288

E: info@crossreach.org.uk

W: <https://www.crossreach.org.uk/our-locations/crossreach-perinatal-service>

Summary: Confidential Perinatal Counselling and Therapy for anyone expecting a baby or living with a child under 2. Support is available from a Specialist Perinatal Counselling Team operating from two sites in Edinburgh (Queen Street and Palmerston Place), or remotely by telephone or a secure video platform; or join one of the counselling or art therapy groups.

For further details about how to request counselling and about the Specialist Group work use the contact details above.

Counselling: Perinatal

Crossreach Palmerston Place Perinatal Service

Palmerston Place PND Centre
8a Palmerston Place
Edinburgh EH12 5AA

T: 0131 220 3547

E: info@crossreach.org.uk

W: <https://www.crossreach.org.uk/our-locations/crossreach-perinatal-service>

Summary: Confidential Perinatal Counselling and Therapy for anyone expecting a baby or living with a child under 2. Support is available from a Specialist Perinatal Counselling Team operating from two sites in Edinburgh (Queen Street and Palmerston Place), or remotely by telephone or a secure video platform; or join one of the counselling or art therapy groups.

For further details about how to request counselling and about the Specialist Group work use the contact details above.

British Psychoanalytic Council

Unit 7, 19-23 Wedmore Street
London N19 4RU

T: 0207 561 9240

E: hello@bpc.org.uk

W: <https://www.bpc.org.uk/>

FB: <https://www.facebook.com/BritPsyCouncil/>

Summary: This Council service is a professional association and voluntary regulator of the psychoanalytic psychotherapy profession, publishing a Register of practitioners who are required to follow a specific ethical code and meet the required fitness to practise standards.

Counselling: Professional Standards

Cosca (Counselling and Psychotherapy in Scotland)

16 Melville Terrace
Falkirk FK8 2NE

T: 01786 475 140

E: info@cosca.org.uk

W: <http://www.cosca.org.uk>

FB: <https://www.facebook.com/coscacounselling/>

Summary: Scotland's professional body for counselling and psychotherapy.

Arkordia Counselling and Psychotherapy Service

Southside Centre
86 Causewayside
Edinburgh EH9 1PY

T: 07496 155038

E: <https://www.arkordia.org/contact/>

W: <http://arkordia.org/>

Summary: This service is an Edinburgh based cooperative of experienced and fully qualified therapists, who offer low cost psychotherapy and counselling services to those on low incomes who live in the Lothians. As a unique charity, the skilled team of volunteers are committed to the highest standards of safe and accountable practice.

Service is on offer for as long as it is wanted or needed, and all are welcome regardless of race, ethnicity, religion, sexual orientation or gender identity.

Currently the waiting list is closed.

Counselling: Psychotherapy and Counselling

CoCo Counselling

Greyfriars Charteris Centre
140 Pleasance (Access through Brown Street)
Edinburgh EH8 9RR

T: 0772 415 2557

E: info@cocoed.org.uk

W: <http://www.cocoed.org.uk>

FB: <https://www.facebook.com/cocoedinburgh>

Summary: This service offers indoor and outdoor person centred counselling to all clients over 16 while asking all clients for a regular contribution for each session (based on what is personally affordable). .

There waiting list is currently closed (August 2022)

Contact Counselling

1F3, 36 Montgomery Street
Edinburgh EH7 5JY2

T: 0131 466 4597

E: enquiries@contactcounselling.co.uk

W: <http://www.contactcounselling.co.uk>

Summary: Professional and confidential counselling service for adults, couples or children offering one-to-one counselling; children and young people's counselling; family counselling; post-natal depression counselling.

Counselling: Psychotherapy and Counselling

Counselling For All

Charis House
47 Milton Road East
Edinburgh EH15 2SR

T: 0131 657 2000

E: <https://www.crossreach.org.uk/contact-us>

E2: SunflowerGardenProject@crossreach.org.uk

W: <https://www.crossreach.org.uk/find-service/adults/counselling-for-adults>

FB: <https://www.facebook.com/CrossReach1869/>

Summary: The main objective of this counselling service is to help individuals identify current difficulties and equip them with strategies to help with coping in the future. A wide range of problems can be treated through counselling and Cognitive Behavioural Therapy (CBT).

Direction – Counselling and Training

7 Haddington Place
Edinburgh EH7 4AE

T: 0845 034 5644

E: enquiries@direction.org.uk

W: <http://www.direction.org.uk>

FB: <https://www.facebook.com/directionscotland/>

Inst: <https://www.instagram.com/directionscotland/>

Summary: Direction specialises in providing professional and high quality Counselling and Psychotherapy, Employee Assistance Programmes, Workplace Mediation, Training and Independent Supervision.

Counselling: Psychotherapy and Counselling

Edinburgh Institute of Counselling and Psychotherapy

86 Causewayside
Edinburgh EH9 1PY

T: 0131 667 5251

E: enquiries@eicp.org

W: <http://www.eicp.org.uk>

Tw: <https://twitter.com/eicp>

Summary: This institute provides professional confidential counselling and psychotherapy to individuals, couples and groups. Normally, sessions are offered both in person in Edinburgh, and online throughout the UK and in Europe, however, currently, sessions are offered remotely either online by video call or by phone.

Click on the links above for more information or to schedule an appointment and a therapist will be in contact to arrange a suitable date and time.

Hope Park counselling centre

8 Hope Park Square
Meadow Lane
Edinburgh EH8 9NW

T: 0131 650 6696

E: counselling@hopepark.org.uk

W: <http://www.ed.ac.uk/schools-departments/health/hopepark>

Summary: Hope Park counselling centre offers counselling to individuals and couples.

Counselling: Psychotherapy and Counselling

PF Counselling Service

8 Balcarres Street
Edinburgh EH10 5JB

T: 0131 447 0876

E: info@pfcounselling.org.uk

W: <http://www.pfcounselling.org.uk>

FB: <https://www.facebook.com/pfcounselling/>

Summary: This service offers an initial assessment appointment, for individuals aged 18 and over, followed by weekly one-to-one sessions with a suitable counsellor. Clients are invited to make a regular financial donation based on their ability to do so.

Face-to-face counselling is allowed, but everyone is encouraged to follow guidance to ensure the safety of clients, counsellors, and staff.

Simpson House Counselling Service

52 Queen Street
Edinburgh EH2 3NS

T: 0131 225 6028

E: counselling@simpson-house.org

W: <http://www.simpson-house.org/home.htm>

Summary: As a charity, this service provides counselling for people affected by their own or another's drug use, works with children affected by drug or alcohol misuse, provides training courses related to counselling, and provides recovery services.

A Financial Inclusion Officer based at Simpson House provides welfare services and debt advice.

Counselling: Psychotherapy and Counselling

Spark Counselling

The Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 0808 802 2088

E: <https://staging1.thespark.org.uk/contact-us/>

W: <https://www.thespark.org.uk/>

Summary: This service is a leading provider of couple counselling, marriage counselling, individual counselling and family counselling in Scotland with a dedicated team of experienced Online Counsellors who can provide a professional online counselling service either by phone or video through ZOOM.

Click on the links above for more information or to schedule an appointment.

The Health Agency

Wester Hailes Health Agency
Wester Hailes Healthy Living Centre
30 Harvesters Way
Edinburgh EH14 2JF

T: 0131 453 9400

E: info@thehealthagency.org.uk

W: <https://thehealthagency.org.uk/mental-health-service/>

FB: <https://www.facebook.com/WesterHailesHealthAgency/>

Summary: Counselling offers an opportunity to talk over issues in the clients lives with a skilled listener. Counselling and CBT are available to anyone in South West Edinburgh aged 16 and over and can take place face-to-face, online, or by phone.

Click on the links above to self-refer or be referred by a GP, CPN, social worker, or other organisations.

Counselling: Psychotherapy and Counselling

The Whole Works

Jacksons Close
209 Royal Mile
Edinburgh EH1 1PZ

T: 0131 225 8092

E: enquiries@thewholeworks.co.uk

W: <http://www.thewholeworks.co.uk/>

Summary: This service is a health centre in the heart of Edinburgh offering counselling and psychotherapy as well as a full range of body work and complementary therapies. Online appointments are also available. Please refer to therapist's individual profile for their contact details.

Wellspring Scotland

13 Smiths Place
Edinburgh EH6 8NT

T: 0131 553 6660

E: mail@wellspring-scotland.co.uk

W: <http://www.wellspring-scotland.co.uk>

FB: <https://www.facebook.com/WellspringScotland/>

Summary: Wellspring provides affordable counselling and psychotherapy in a safe, welcoming environment. Counselling is available by way of telephone or Zoom.

Counselling: Relationships

Bright Light relationship counselling

9A Dundas Street
Edinburgh EH3 6QG

T: 0131 556 1527

E: askus@bright-light.org.uk

W: <https://www.bright-light.org.uk>

Tw: https://twitter.com/Bright_Light_47

Summary: This practice works with couples who have existing issues around domestic abuse, sexual abuse, domestic violence, controlling behaviour, excessive alcohol and/or drug use, or anger within the couple relationship.

Relationship Scotland

18 York Place
Edinburgh EH1 3EP

T: 0345 119 2020 (Infoline)
Open Monday-Friday 9:30am-4:00pm

E: enquiries@relationships-scotland.org.uk
W: <https://www.relationships-scotland.org.uk/>
FB: <https://www.facebook.com/RelationshipsScotland>
Tw: <https://twitter.com/reiscot>

Summary: Scotland's largest provider of relationship counselling, family mediation and child contact centre services.

Counselling: Royal Edinburgh - Discharge

The Hive

Royal Edinburgh Hospital
Morningside Crescent
Edinburgh EH10 5HF2

T: 0131 537 6256
E: info@samh.org.uk
W: <http://www.samh.org.uk>
FB: <https://www.facebook.com/SAMHmentalhealth/>
Tw: <https://twitter.com/samhtweets>
Inst: <https://www.instagram.com/samhscotland/>

Summary: The service provides support to people who are being discharged from the Royal Edinburgh Hospital.

Health in Mind - South East Counselling (Edinburgh)

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: counselling@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/south_east_counselling/d10/

FB: <https://en-gb.facebook.com/healthinmindscotland>

Summary: This counselling service offers face-to-face counselling, up to 12 sessions for people aged 18 years and over, living in the South East area of Edinburgh.

Counselling: Students

Edinburgh University Student Counselling Services

Third Floor, Main Library Building
30 George Square
Edinburgh EH8 9LJ

T: 0131 650 4170

E: Student.Counselling@ed.ac.uk

W: <https://www.ed.ac.uk/student-counselling>

Summary: This service offers counselling to help students work through their difficulty, understand themselves better and find ways of managing their situation.

Heriot Watt University Student Support Services

Hugh Nisbet Building
Edinburgh EH14 4AS

T: 0131 451 3386

E: studentsupport@hw.ac.uk

W: <https://www.hw.ac.uk/students/health-wellbeing/edinburgh/counselling.htm>

Summary: This service offers students counselling, support and information to help deal with the difficulties faced while studying at Heriot Watt.

Counselling: Students

Napier University Student and Academic Services

Student and Academic Services, Student Support
Edinburgh Napier University,
Merchiston Campus, 10 Colinton Road
Edinburgh EH10 5DT

T: 0131 455 2929

E: counselling@napier.ac.uk

W: <https://my.napier.ac.uk/wellbeing-support-and-inclusion>

FB: <https://www.facebook.com/EdinburghNapierUniversity>

Summary: The Student Wellbeing and Inclusion team is here to help make the most of the time at Edinburgh Napier, to ensure everyone feels safe, supported, healthy and able to fulfil their potential.

Queen Margaret University Student Wellbeing Service

Level 1 (Student & staff information point)

Edinburgh EH21 6UU

T: 0131 474 0000

E: wellbeing@gmu.ac.uk

W: <https://www.gmu.ac.uk/study-here/student-services/wellbeing-service/>

Summary: Wellbeing Support is available for all students throughout the year. Appointments are available face to face on campus with Louise Gill or online, using Microsoft Teams, depending on your preference.

Click on the links above for more information or to schedule an appointment.

Counselling: Substance Misuse

CREW 2000

32-32A Cockburn Street

Edinburgh EH1 1PB

T: 0131 220 3404

T2: 07860 047501 (Text)

E: admin@crew2000.org.uk

E2: dropin@crew2000.org.uk

Opening Hours: Monday–Wednesday, Friday–Saturdays 1pm –5pm, Thursday 3pm–7pm

W: <https://www.crew.scot/>

FB: <https://www.facebook.com/Crew2000/>

Tw: https://twitter.com/crew_2000

Inst: https://www.instagram.com/crew_2000/

Summary: This service can provide information, advice and support around drug use without condoning nor condemning drug use and the aim is to reduce the risks around drug use.

The aim is to reduce harm, challenge perceptions and help people make positive choices about their use of cannabis, stimulant and other social drugs and sexual health by providing non-judgemental, credible and up to date information and support.

Edinburgh and Lothian Council on Alcohol (ELCA) - Drop In Service

91 Rose Street
Edinburgh EH2 3DT

T: 0131 337 8188

E: elca@bt.connect.com

W: <https://ithriveedinburgh.org.uk/services/edinburgh-and-lothian-council-on-alcohol-elca/>

Summary: This service provides information and advice about alcohol, its effects and offers quick access to an experienced drop in worker on a one-to-one basis.

Counselling: Support Groups

Health in Mind - Depression and Anxiety Support Groups

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: edinburghselfhelp@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/depression_and_anxiety_support_groups/d101/

Summary: This service offers a friendly user led support group and is open to any adults living with depression, low mood, stress or anxiety. The opportunity is on offer for confidential local support, contact with others in a similar situation and the opportunity to explore positive ways of coping with depression.

Click on the links above for more information or to confirm details about upcoming meetings dates and locations.

Health in Mind - Trauma Counselling Line Scotland (TCLS)

40 Shandwick Place
Edinburgh EH2 4RT

T: 0808 802 0406

E: counselling@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/

FB: <https://en-gb.facebook.com/healthinmindscotland>

Tw: https://twitter.com/Health_in_Mind

Inst: https://www.instagram.com/health_in_mind/

Summary: A free telephone counselling service for adults who experienced abuse in childhood.

NB: August 2022: Unfortunately due to high demand we are currently unable to accept enquiries for our Trauma Counselling and Trauma Counselling Line Scotland Services. We hope to open these services to enquiries at a later date.

Counselling: Trauma

Petal Support - for People Experiencing Trauma and Loss (PETAL)

8 Barrack Street
Hamilton ML3 0DG

T: 01698 324 502

W: <http://www.petalsupport.com>

Summary: PETAL's Counselling Service specializes in supporting people who are experiencing trauma and loss. Free counselling sessions are available to people across Scotland that have been affected by homicide or suicide. Support takes place face-to-face, by telephone or online for those who cannot access a specialist centre in Glasgow, Hamilton, Dundee and Edinburgh.

Health in Mind - Wellbeing Therapies - Counselling

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: counselling@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/resolve_counselling/d178/

Summary: Counselling is available to all adults in Scotland. Sessions cost £50 for a 1 hour appointment. You can choose to:

- Work with a counsellor over several weeks or months.
- Have fewer, shorter, more focused sessions.

Funded counselling sessions and other mental health and wellbeing services are available. For more information about the funding and to get matched with a counsellor get in touch using the details above

Counselling - For more options

Finding a counsellor that fits your needs can take time and a lot of research. In your search for the right counsellor you should also look at:

Counselling Directory

W: <https://www.counselling-directory.org.uk/city/edinburgh>

Summary: Connect with a qualified Counsellor or Therapist in Edinburgh. Over 15000 listed professionals offering therapy across the UK.

Psychology Today - Counselling in Edinburgh

W: <https://www.psychologytoday.com/gb/counselling/sct/edinburgh>

Summary: Find detailed listings for mental health professionals in Edinburgh.

What method of therapy is right??

When it comes to treatment methods, there's no 'right way'. A couple's counsellor or a family counsellor may use different techniques depending on the one that works best for you. Learn what to expect from [different types of therapy](#) and how they work.

Is counselling affordable?

Most counsellors' offer reasonable rates or will work on a sliding scale basis. Many accept health insurance. Feel free to discuss this when contacting the counsellor.