



# Mental Health Directory

A comprehensive guide to free and paid services for your mental health. This guide is designed to be a signposting document so you can find the best support for you.

Please report any broken links to [wellbeing@spotlight.com](mailto:wellbeing@spotlight.com)

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## Phone Services

These lines allow you to speak freely to someone over the phone to help you deal with your current situation. They are confidential, anonymous and free of charge.

### Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

*Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.*

### CALM

Telephone London: 0808 802 58 58 (open 7 days a week, 5pm to midnight)

Telephone Nationwide: 0800 58 58 58 (open 7 days a week, 5pm to midnight)

Webchat (open 7 days a week, 5pm to midnight)

### Mind Infoline

Telephone: 0300 123 3393 (9am-6pm Monday to Friday)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

*Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies*



*and advocacy. Mind has around 140 local Minds providing local mental health services.*

### Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (9.30am — 4pm Monday to Friday)

Email: [info@rethink.org](mailto:info@rethink.org)

*Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England and Northern Ireland.*

### Saneline

Telephone: 0300 304 7000 (4:30pm-10:30pm)

*Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.*

### Papyrus

Telephone: 0800 068 41 41 ( Mon-Fri: 10am-10pm, weekends: 2pm-10pm)

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

*Provides resources to help young people who are having suicidal thoughts.*

### Equity

Six free counselling sessions for Equity members. Contact BAPAM to access free counselling.



### National Domestic Violence Helpline

Telephone: 0808 2000 247 (freephone 24 hour helpline)

For women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

### Childline

Telephone: 0800 1111

Free, confidential service for children and young people to talk about anything that might be on their minds.

Webchat (free one-to-one online confidential chat)

### Theatre Helpline

Telephone: 0800 915 4617

Free, independent and confidential phone and email service that provides support to people working in the theatre industry.



## **Low Cost & Free Services**

If you are looking for more support and would like to speak to a therapist, counsellor or practitioner, then the below provide low-cost alternatives to seeking private therapy and counselling directly. If you are unsure of exactly what type of support you need or what practitioner you'd like to build a relationship with, then we'd recommend you jump to Section 8; "Definitions" to better understand the various types of support and practitioners out there. To find other counsellors / psychotherapists, please see section 6.

### Psychotherapy Network

An extensive list of organisations offering low cost therapy and counselling in London and across the UK.

### 7 Cups

An online text based therapy with therapists, counsellors and listeners.

### Help Counselling

Low cost counselling in West London

### Have I Got A Problem?

A free online resource to help you diagnose and understand any issues or concerns you may have about mental health or addiction issues.



FreshStart Psychotherapy

Low cost or subsidised psychotherapy in West London.



## **Mental Health Contacts and Resources recommended by our Friends at Applause For Thought (AFT)**

Laura White - Wellbeing Coach

£30 for 60 min phone session with AFT Discount

Amy Jessop - Transformational Performance Coach

£40 for 60 min phone session with AFT Discount

Guilia De Bellis - Emotional Coach

info@thecamelotinstitute.com

£40 for 60 min phone session (first session £20) with AFT Discount

Angela Peake - Counsellor and Clinician

£50 for 50 min phone session with AFT Discount (further discount can be discussed with Angela)

Trevor Gray - Psychotherapist

£50 for 50 min phone session with AFT Discount

Matthew O'Mullane - Psychotherapist

£50 for 50 min phone session with AFT Discount

FIXME

Osteopath / Physio / Sports Massage

20% off Consultations with AFT Discounts

Industry Minds

Mary Burch - Counsellor

Free - £25 for 50 min session



## **Specialist Services**

If you are looking for support around what you believe is a niche or specialised challenge particular to you, then some of the below specialist services may resonate based on what you're going through. Many of these services are free to use.

### Arts Minds

Website set up by Spotlight, BAPAM, Equity and The Stage as an information hub to support performers who may be dealing with emotional stress or mental health challenges.

### Adult Social Services\*

London based social care services to reduce risk with adults.

### Children Social Services\*

London based social care services to reduce risk with children.

### Compass Wellbeing Service\*

Free talking therapies service for Tower Hamlets residents.

*\*To find your local council please [click here](#).*

### Solace Women's Aid

Counselling and group work to help women recover from traumatic abuse.

### Chinese Mental Health Association

Support services and counselling for mental health problems, gambling addiction and depression within the Chinese community.





### Relate

UK's largest provider of relationship support resources. Available on telephone, webcam, live chat, email and in-centre support across the UK.

### Woman's Trust

Free counselling, groups and workshops for women with experience of domestic abuse across London.

### 1 in 4

London based counselling services available for survivors of child sexual abuse.

### Black, African & Asian Therapy Network

Nationwide services for a variety of mental health related issues.

### Maytree

A free sanctuary offering four nights of support for the suicidal.

### Inspired Minds

Mental Health support working within the Muslim faith community.

### MalePsychology

Network, conferences and events around men and boys wellbeing and mental health.

### Weight Matters

Therapy and counselling services near Bank and Old Street around weight, food, eating and health issues.



### Sleep Counselling

Psychotherapy and coaching specifically around anyone experiencing problems with sleep.

### LondonFriends

LGBT health and wellbeing.

### Terrence Higgins Trust

Counselling and support to those affected and living with HIV.

### No Panic

Recovery support for anxiety, panic attacks and OCD

### Macmillan Cancer Support

Offers emotional, physical and financial support to people affected by Cancer.

### Young Minds

Support for children and young people's mental health.

### TALK

Free drop in peer-to-peer talking sessions

Twitter: @talkcommunity1



## **Addiction Services**

If you are looking for support specifically around addiction, then some of these organisations might be right for you.

### Rehab-online

Directory of residential rehabilitation services for adult drug and/or alcohol misusers in England and Wales.

### ADDaction

UK's leading charity for drug, alcohol and mental health addictions.

### Alcoholics Anonymous

For those interested in learning more about alcoholism and finding twelve-step AA meetings in your area.

### Narcotics Anonymous

For recovering addicts who meet regularly to help each other stay clean.

### Gamblers Anonymous

A twelve-step program for people who have a gambling problem. The only requirement for membership is a desire to stop gambling.

### Sex Addicts Anonymous

SAA is a twelve-step program for the purpose of finding freedom from addictive sexual behaviour and helping others recover from sex addiction.



### Turning Point

National Charity Offering Support for Mental Health and Substance Addiction.

### NHS Alcohol Support

Extensive resources on alcohol recovery and supporting alcoholics.

### NHS Smoking Services

Find local services who can help you stop smoking.

### Brief Interventions Team @ Reset Drug and Alcohol Service

For high functioning adults with low to medium drug or alcohol use.



## **How To Support Others**

In our lifetime, it is very likely that a friend, colleague, family member or someone we know will be struggling with their mental health and we may want to help support them. Below is a list of resources to help you have those conversations if you feel you need to.

### MIND

Extensive list on supporting different mental health conditions.

### Time to Change

Questionnaire for directed action on how to support others.

### Mental Health Foundation

A good list on what to look out for and how to help someone in need of mental health support.

### NHS Mood self-assessment quiz

Assess if someone is anxious or depressed and links to useful advice on mental wellbeing.

### Westminster Drug Project

A national charity that supports adults with drug and alcohol addiction.



## **How To Find A Counsellor or Therapist**

Finding the right mental health professional for you privately can be difficult and it can feel a bit like the wild west. Before you begin reaching out, we recommend you skim down to our 'Definitions' section. Remember, shop around to see who you feel you have the best connection with, it's an important decision and intimate relationship which can have a huge impact when you get it right.

### BAPAM

The British Association for Performing Arts Medicine is a healthcare charity that gives medical advice for people working and studying in the performing arts. Their website has a comprehensive directory of qualified clinical specialists and practitioners.

### BACP

A professional body where you can find qualified counsellors / psychotherapists.

### UCKP

A professional body where you can find qualified counsellors / psychotherapists.

### Counselling Directory

Qualified counsellor / psychotherapist search engine.

### NCS

Qualified counsellor search.



### Welldoing

A detailed search for specific therapies and counselling support.

### Ongea

Counsellors, psychotherapists and psychologists based in Old Street and Pimlico offering individual, couples, family and child services.

### StillPoint Space

Coworking spaces for therapists, they also host group and individual therapy sessions.

### School Of Life Therapy

Psychotherapy, career counselling, couples therapy, group therapy in Central London.

### HQ Therapy

Counsellors and Psychotherapists under one roof in Dalston. Offering a variety of specialisms.

### BetterHelp

Access to counsellors and therapists online.

### NHS

A starting guide for mental health support in Britain.

### Spotlight Contacts

Contacts has a directory of practitioners including counsellors, cognitive behavioural therapists, psychologists and life coaches.



## iCope Psychological Therapies

Service Based in Camden, Islington and Kingston. Offering up to six CBT based 1:1 sessions and up to 12 sessions with a clinical psychologist.





## **Definitions**

We know the world of mental health can be a little confusing; acronyms, psycho-whatsamajigs, therapies, diagnoses, labels and much more. It can feel scary too. The last thing you need when you're exploring your mental health is to feel confused or concerned that you're going to pick the wrong type of support or relationship, especially when there's money involved.

We've created a list of the following definitions to help you figure out what's right for you. Please go through each section.

## **Mental Health Professionals**

### **Psychiatrists**

Qualified medical doctors, specialising in the diagnosis and treatment of mental illness. They can prescribe psychiatric medication. Although many psychiatrists have also received some training in psychotherapy and counselling skills, the way they understand and approach their patients is more focused on 'cause and cure' rather than building a deeper therapeutic relationship.

### **Psychologists**

Study behaviour and mental processes. A psychologist usually means someone who has a degree in psychology, but legally anyone can call themselves a psychologist. They administer and interpret psychological tests and assessments and help you choose the type of therapy that best addresses the person's problem and best fits the patient's characteristics and preferences.



## **Counsellors & Psychotherapists**

Will have training in both the theory and practice of how to work with a variety of people with a wide range of emotional distress and whose lives may be affected by both external factors (job loss, bereavement) and internal issues (low self-esteem, anxiety). They are closely related and the skills and knowledge needed are very similar. Counsellors are somewhat more likely to do shorter-term work focusing on particular problems such as addiction and bereavement, while psychotherapists often encourage a deeper, longer term and more fundamental process of change in clients who seem to require it.

## **Coaches**

Future based focus to move you from where you are, closer to where you want to be. A coach may visit the past to help create a path into the future. They are not a subject expert, but rather focused on helping someone to unlock their own potential. Generally, coaching is better suited for someone with an overall sense of 'balance' in their life to create momentum for change.



# Types of Therapies

## **Cognitive Behavioural Therapy**

The most common form of therapy on the NHS. It aims to help you change the way you think (cognitive) and what you do (behaviour). Rather than looking at past causes, it focuses on current problems and practical solutions to help you feel better now.

Your therapist will help you identify and challenge any negative thinking so you can deal with situations better and behave in a more positive way. CBT can be helpful for depression, anxiety, stress, phobias, obsessions, eating disorders and managing long term conditions.

## **Eye Movement Desensitization and Reprocessing**

Uses bilateral stimulation, right/left eye movement, or tactile stimulation, or sound, which repeatedly activates the opposite sides of the brain releasing emotional experiences that are “trapped” in the nervous system. This assists the neurophysiological system, the basis of the mind/body connection, to free itself of blockages and reconnect itself.

EMDR allows a client to process an emotional experience that he/she cannot yet talk about, yet following a EMDR session find an ability to talk about it freely. Most importantly, it can eliminate stress surrounding the traumatic event, with the purpose of allowing new life in the once traumatized and emotionally difficult memory.



## **Humanistic**

This approach focuses on the individual as a whole. It encourages people to think about their feelings and take responsibility for their thoughts and actions. The emphasis is on self-development and achieving your highest potential rather than on problematic behaviour. Gestalt therapy, person-centred therapy, transactional analysis and transpersonal therapy are all types of humanistic approaches.

## **Gestalt**

Derived from the German for 'whole' or 'pattern'. It looks at the individual as a whole, and within their surroundings, rather than breaking things into parts. Practitioners help you to focus on the here and now and your immediate thoughts, feelings and behaviour to better understand how you relate to others and to situations. This can help you find a new, positive perspective on problems and bring about changes in your life. Gestalt therapy often includes acting out scenarios and dream recall, and is effective in treating issues such as anxiety, stress, addiction, tension and depression.

## **Integrative**

Integrative therapy is a progressive form of psychotherapy that combines different therapeutic tools and approaches to fit the needs of the individual client. With an understanding of normal human development, an integrative therapist modifies standard treatments to fill in development gaps that affect each client in different ways. By combining elements drawn from different schools of psychological theory and research, integrative therapy becomes a more flexible and inclusive approach to treatment than more traditional, singular forms of psychotherapy.



## **Neuro—Linguistic Programming (NLP)**

NLP combines cognitive behavioural and humanistic therapies with hypnotherapy. It works on the theory that life experiences, from birth onwards, programme the way you see the world. Practitioners help you to discover how you have learnt to think or feel so that you can take control of your actions. They will also look at your successes, so you can use these to develop further successful skills and behaviours. NLP is generally used as an additional way of working with other types of therapy rather than on its own, although it is increasingly common in coaching.

## **Person-Centered**

Person or client-centred therapy is based on the view that everyone has the capacity and desire for personal growth and change, given the right conditions. Rather than being seen as the expert and directing the therapy, the counsellor offers unconditional positive regard, empathy and congruence (genuineness) to help you come to terms with any negative feelings and to change and develop in your own way.

## **Psychodynamic**

This is based on the work of Sigmund Freud, who believed that psychological problems are rooted in the unconscious mind. Experiences from a person's past can influence thoughts, emotions and behaviour in later life. The analyst will encourage you to talk about your experiences and use techniques such as free association or dream analysis to identify repressed feelings or conflicts that are affecting you now. Bringing these to the front of your mind allows any negative feelings to be dealt with.



## **Transactional analysis**

A comprehensive approach which incorporates aspects of humanistic, cognitive-behavioural and psychodynamic therapy. It categorises the human personality into three states— Parent, Adult and Child— which can help you understand how you interact with others. Therapists also look at how your beliefs and the way you interpret the world around you can create recurrent and problematic patterns of behaviour, and will work with you to help you to change.

## **Transpersonal**

Describes any form of counselling or therapy which places an emphasis on spirituality, human potential or heightened consciousness. There is a focus on free will, self-determination, and the search for meaning— often centering on you rather than on the symptom. The approach emphasizes your capacity to make rational choices and to develop to your maximum potential.



## **Types of Coaching**

Like the field of therapy, there are a variety of techniques and styles. Some representative styles are the following:

### **Co-Active**

Co-Active coaches bring in a variety of skills from therapy and coaching with a shared sense of values. There is a holistic focus on the whole person, their environment and circumstances to support and challenge them to be more themselves. Sessions are focused on understanding what a client needs, which may be moving forward towards a goal or an open-ended exploration of life right now.

### **Life**

Works with an individual, typically over three months, to empower them to make, meet and exceed both personal and professional goals. The focus is largely on the future and understanding what steps are needed to overcome obstacles leading to fulfilment. Life coaches hold clients accountable to their actions and are trained to what type of motivation works best for you.

### **Executive**

A one to one relationship with someone in an organisation who has a strong position of influence, usually a CEO or other senior level staff. The coaching is contracted for the benefit of a client who is accountable for highly complex decisions with wide scope of impact on the organisation and industry as a whole. The coaching is usually focused on organisational performance or development, but it may also serve a personal component as well.



## **Business**

Similar to an executive coach, a business coach focuses on the process used to take a business from where it is now to where the business owner wants it to be. A business coach will assist and guide the business owner in growing their business by helping them clarify the vision of their business and how it fits in with their personal goals.

## **Existential**

Aims to bring people into contact with what matters in life and helps to encounter themselves and others better. This includes looking at what has value, appears to be right and has meaning to them. This approach is useful for when someone may be experiencing some type of 'life crisis' and explores central themes including existence, fulfilment, consent, freedom, responsibility and meaning.

