



# Talking therapy and counselling

This resource explains what talking therapies are, what happens during therapy, how to get the most from therapy and how to find a therapist.

If you need this information in Word document format for compatibility with screen readers, please email: [publications@mind.org.uk](mailto:publications@mind.org.uk)

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## About talking therapies

### What are talking therapies?

Talking therapies are treatments which involve talking to a trained professional about your thoughts, feelings and behaviour. There are many different [types of talking therapy](#), but they all aim to:

- give you a safe time and place to talk to someone who won't judge you
- help you make sense of things and understand yourself better
- help you resolve complicated feelings, or find ways to live with them
- help you recognise unhelpful patterns in the way you think or act, and find ways to change them (if you want to).

#### Is there a difference between 'therapy' and 'counselling'?

Throughout these pages we've chosen to use the term 'talking therapy'. But you might also hear people talk about:

- counselling
- therapy
- psychotherapy
- psychological therapy
- talking treatment.

Usually there's very little difference between what's meant by these terms – they all broadly refer to talking therapy (as opposed to other types of treatment, such as drug therapy). But sometimes they might indicate differences in [who your therapist is](#), or refer to a specific [type of talking therapy](#).

*Sometimes it's hard to talk to family and friends and you just need that one person who takes the time to listen.*

## What can therapy help with?

Therapy can help you manage and cope with:

- **Difficult life events**, such as [bereavement](#) (losing someone close to you), or losing your job.
- **Relationship problems**.
- **Upsetting or traumatic experiences**, whether it's something recent or something that happened a long time ago.
- **Difficult emotions**, such as grief, guilt, sadness, confusion, [anger](#) and [low self-esteem](#).
- [Depression](#) and [anxiety](#).
- **Other mental health problems**. Talking therapies can help with a range of diagnoses, and specific talking treatments have been developed for some mental health problems.
- **Long-term physical health problems**.

Some people think that therapy is an extreme option, and that unless things get really bad you should try to manage on your own. But this isn't true. **It's ok to try therapy at any point in your life, whatever your background.**

In fact getting support from a therapist when you're not at crisis point can be really helpful – it might feel easier to reflect on what's going on, and could help you keep things from getting worse.

*For me, counselling was a lifesaver. I never used to talk to anyone. For years, I would keep things bottled up and then cry hysterically on my own as to not inconvenience anyone. I would hide it so I wouldn't have to confront my thoughts and fears.*

## Could therapy work for me?

Talking therapies have been shown to work well for many people. And some [types of therapy](#) are recommended by [the National Institute for Health and Care Excellence \(NICE\)](#) as evidence-based treatments for particular mental health problems (such as [cognitive behavioural therapy \(CBT\)](#) for depression and anxiety, and [dialectical behaviour therapy \(DBT\)](#) for borderline personality disorder.)

But it's difficult to say whether a particular therapy will work well for you or not because it depends on lots of factors, including:

- what you want help with
- your [relationship with your therapist](#)
- your feelings about therapy generally.

### The importance of your relationship with your therapist

Research has shown the relationship you have with your therapist is really important in how successful you find any talking therapy. Regardless of the [type of therapy](#) they

practice, if you don't like or trust that person you're less likely to feel able to open up to them, and are less likely to have a positive experience.

Therapy can work well on its own, or it can be something you try alongside other treatments, including exercise or medication (see our section on [therapy, medication or both?](#) for more on this).

But therapy isn't a quick fix, so it might take some time to see whether it's helping you or not. And it isn't right for everyone.

If you've tried therapy for a while and it hasn't helped, **it's important not to blame yourself**. Our pages on [getting the most from therapy](#) and [alternatives to therapy](#) offers options and tips for a range of situations.

*You're the only person who knows which treatments work for your mental health – counselling doesn't work for everyone, neither does mindfulness or medication.*

## What different therapies are there?

Talking therapies can differ in:

- their focus (for example, learning about more yourself by talking about your past, or working on overcoming a specific problem you have now)
- the techniques the therapist might use during sessions
- the academic theory behind them.

Therapists use all sorts of complicated words to describe their particular style of therapy, which can be really confusing. This table explains some common terms you might come across:

Term used	What it means about the therapy
Arts or creative	Uses creative processes such as painting, drawing, drama and music as a way to help explore and communicate difficult or confusing feelings – such as in <a href="#">arts and creative therapies</a> .
Behavioural	Explores the way you act.
Cognitive	Explores your thoughts and the way you think – such as in <a href="#">cognitive behavioural therapy (CBT)</a> .
Dialectical	Explores opposite positions and looks at how they might exist together – such as in <a href="#">dialectical behavioural therapy (DBT)</a> .
Humanistic	Focuses on the individual as a whole, including mind, body, spirit and soul.
Mindfulness-based	Involves becoming aware of all your current thoughts and feelings and accepting them. Often involves <a href="#">mindfulness</a> techniques, such as meditation and breathing exercises.
Person-centred	Focuses on using your own strengths and insight about yourself to encourage personal growth and improve relationships.

Psychoanalytic (or analytic)	Focuses on unconscious, deep-rooted thoughts that often stem from childhood.
Psychodynamic (or dynamic)	Explores how your unconscious thoughts might affect the way you act.
Solution-focused	Focuses on what you want to achieve in the future rather than exploring past experiences.

Many therapists are trained in several different styles and will tailor their approach for you. In this case they might also use words like 'eclectic', 'blended' or 'integrative' when they describe how they work.

The British Association for Counselling and Psychotherapy (BACP) website has an extensive [A-Z of therapeutic approaches](#). This list covers many types of therapy by name, and explains the different beliefs and approaches behind each one.

But it's important to be aware that **not all therapies are available everywhere**. Sometimes it can feel like you don't have much choice, as it may largely depend on what's available locally. It might help most to learn what's available to you personally, and think about [how to get the most from therapy](#) in any situation.

*Don't be disheartened if the first talking treatment you try doesn't help. It took me three attempts to find the right therapy for my anxiety and six to find the right one for my post-traumatic stress disorder (PTSD) – the right treatment is out there.*

## What is therapy like?

It's common to feel worried or unsure about what to expect from therapy. This section explains what to expect.

## Who might my therapist be?

Your therapist might describe themselves in various ways, such as:

- a counsellor
- a wellbeing practitioner
- a therapist (or psychotherapist)
- a psychologist (or clinical psychologist)
- a psychiatrist.

All of these titles should mean that the person you see is trained in delivering therapy, although they will differ in their educational backgrounds and levels of training.

But whatever their title and level of training, it matters that the person delivering your therapy is someone you feel comfortable talking to.

See the [British Association for Counselling and Psychotherapy \(BACP\) factsheet on choosing a counsellor or psychotherapist](#) for more information on the differences between different types of therapist.

### Checking your therapist's credentials

It's good practice for any therapist to be a registered member of one of the professional bodies listed in our [useful contacts page](#). This means they have signed up to meet certain standards of practice.

Ask your therapist about their professional qualifications, training and membership body. You can usually double check this through the membership body's website.

## What will happen the first time I see a therapist?

Some therapists might call your first session an 'assessment', a 'taster session', a 'consultation' or an 'intake session', but these generally involve the same thing. In this session, you and your therapist might discuss:

- the [type of therapy](#) they practice
- how long the therapy will last and [what the sessions will be like](#)
- what you want to get out of the therapy
- their [confidentiality](#) policy
- what to do if you they have to cancel a session or you miss a session
- if there is any cost involved (this usually applies to private therapy)
- any concerns or worries you have about the therapy.

If you're unsure about any of these it's ok to ask your therapist questions at any time before, during or after your sessions. For more information on what to expect in your first session see the [BACP factsheet on what happens in your first session with your therapist](#).

*My first session was bit of a blur – I had no clue what to say. I think I mainly just cried and apologised! But it got easier over time when I realised that my counsellor wasn't going to laugh at me or tell me to go away.*

## What might sessions be like after that?

How sessions are structured can vary depending on depending on the [type of therapy](#) you're getting and the type of problem you want help with.

Therapy can be:

- **time-limited**, meaning your therapy will come to an end after a set number of sessions. Most therapists through the NHS offer time-limited sessions.
- **open-ended**, meaning it can continue for as long as you need it. This is something that is more commonly offered by private therapists.

Sessions can be delivered:

- **individually**, with just you and your therapist
- **in a group** with others who are having the same therapy
- **with your partner or family members**
- **in a combination** of individual and group sessions.

One-to-one **sessions typically last between 50 minutes and an hour**, but group sessions can sometimes be longer. **It's common for sessions to be held once a week**, but you might also agree to see your therapist more or less often than this.

Sessions may take place:

- in an appropriate meeting room owned or rented by your therapist (or by the organisation providing the therapy, such as the NHS, a charity or place of education)
- over the phone or online using an internet calling software
- at your therapist's office or home, if you're having private therapy.

What you might cover in therapy sessions also varies. For example, your therapist may go through specific exercises with you, or you might have a more general discussion about how you're feeling. They may ask you questions about:

- your current and past relationships
- your childhood and past experiences
- situations or events you find difficult
- how you feel
- how you behave
- what you think about things
- issues that have come up in previous sessions.

But it's important to remember that you don't have to talk about anything you're not ready to talk about, or do anything you don't want to do. (See our page on [getting the most from therapy](#) for more tips.)

## Will everything I tell my therapist be confidential?

In most cases, **yes**. Confidentiality is an important part of building trust with your therapist. However, there are some exceptions to this, which allow the therapist to work responsibly.

These are:

- **Supervision** – therapists always discuss clients regularly with a supervisor (another experienced therapist) who also has to maintain confidentiality. It's seen as unethical for a therapist to work without supervision because:
  - it helps your therapist look after their own mental health, so they're better able to support you
  - it means someone else is aware of how your therapist is treating you, to make sure it's appropriate.
- **Safety** – if your therapist is concerned that you're at serious risk of harming yourself or someone else, they may need to inform your GP, a healthcare professional or someone else. They should tell you first if they're going to do this.

- **Organisational confidentiality** – if your therapist is part of a GP practice, confidentiality may apply to the practice as a whole rather than to the individual therapist. This may mean that information is available to your GP. Your therapist should tell you if this is the case.

## How will I feel after a therapy session?

It's common to feel a range of emotions after a session. For example, you might come out of your session feeling:

- **relieved**, if you've shared something important and felt heard and understood.
- **energised**, if you've started to understand something new about yourself or set yourself a new goal to work on
- **exhausted**, if you've found the session challenging or hard work
- **frustrated**, if you didn't get what you wanted out of your session or haven't felt heard or understood
- **upset or overwhelmed**, if the session has brought up very painful or difficult memories or feelings.

*Some days I left therapy feeling tired and drained. Other days I felt relieved, as if a weight had been lifted.*

Sometimes therapy sessions can bring up feelings that are difficult to cope with, and you might feel nervous about going back, or like you want to quit. If you feel like this it can help to:

- Start your next session by telling your therapist how you felt after your last session, and give them a chance to reflect with you and offer support. You might find it helpful to write down some notes.
- Talk about how you feel with a [listening service](#) or someone you trust, such as [friends or family](#).
- Plan something you enjoy for after immediately each session as a little treat, or to help you relax.

### **If you feel unsafe after a session**

If therapy is bringing up feelings that you can't cope with and you feel like you're in crisis after a session, [contact a crisis service](#) and seek urgent help.

Some therapists might be able to offer emergency support outside sessions, but many can't. You should ask them about this during a session, and make sure you know what their boundaries are before calling them in a crisis.

## How can I get the most from therapy?

### **Supporting someone else**

If someone you care about is going through a hard time, our pages on [how to cope when](#)



[supporting someone else](#) and [helping someone else seek help](#) give suggestions on what you can do, and where you can go for support.

## How can I make any therapy I'm offered suit me better?

Getting the most out of therapy can sometimes feel difficult, especially if you're offered a [type of therapy](#) that isn't exactly right for you, or worry that you've not been offered enough sessions to make a difference. But there are positive steps you can take to get the most out of any therapy you're offered:

- **Make sure talking therapy is the right choice for you just now.** It could help to ask yourself beforehand:
  - Am I ready to explore my feelings and behaviour?
  - Do I feel able to open up about things that are very personal or hard to talk about?
  - Is there anything else I need to get help with first? (Our information on [housing issues](#) and [money issues](#) might be helpful.)
- **Decide what you want to achieve from therapy.** It can help to set some small goals which you feel are achievable. Discuss this with your therapist so you can both aim to reach a shared goal.
- **Understand the type of therapy you're getting.** Ask your therapist how they think this kind of therapy can help you, and what to expect from it. If they use terms you don't understand, ask them to explain. Our section on [common terms used in therapy](#) might help.
- **Talk about what's most important to you.** Therapy sessions are your time, and you shouldn't feel pressured to talk about something you don't feel is important.
- **Tell your therapist what's working and what isn't.** They might be able to change the sessions so that they suit you better.
- **Make the room feel more comfortable and safe.** For example, you could ask to change where you sit, or adjust the lighting or the temperature of the room so you feel more relaxed.
- **Take something in with you to help you ground yourself,** such as a treasured item or something you can fiddle with.
- **Have someone you trust nearby, if you want.** It could help you relax if you know someone will be there to meet you when the session is finished.

### Dealing with therapy coming to an end

It's common to have a mixture of thoughts and emotions about finishing therapy. It's likely to depend on the experience you've had and the relationship you've formed with your therapist. There's no one particular way you're supposed to feel.

If you're worried about how you'll cope, tell your therapist how you're feeling. They might be able to help you plan things you can do after your therapy has ended to help yourself, think of [alternatives to try](#), and work out your next steps.

*Therapy can be frustrating at times, but as long as you are ready to look at your problems honestly it can be a really useful space to talk about what's bothering you.*

## What can I do if my therapy isn't helping?

Therapeutic relationships can be challenging. It can take time to build trust and feel comfortable with a therapist, and it's common to have times when you [feel frustrated or upset after a session](#).

But sometimes you might find that, even after trying it for a while, you're really not happy with how it's going. In this case you may want to consider:

- talking to your therapist about any problems you're having with them
- asking your therapist whether they can offer you a different type of therapy
- asking your GP or the NHS service if there is another therapist you can work with
- [finding another therapist](#), especially if you are accessing therapy privately
- ending your therapy, or [seeking alternatives to try instead](#).

## How do I complain about therapy?

If you have a serious concern about any treatment you've received, **you can complain**.

Your therapist should tell you their complaints process if you ask them for it. If that doesn't feel possible you could ask your therapist what professional body they're registered with, then make your complaint through that body (all professional bodies should have a complaints procedure you can follow).

If you're unsure how you feel and want another opinion before making a complaint, these services can help:

- [The British Association for Counselling and Psychotherapy](#) (BACP) has a service called '[Ask Kathleen](#)' where you can ask questions about any concerns you have about good and bad practice in therapy.
- [The Clinic for Boundary Studies](#) provides support services for people who feel they have been harmed by someone in a position of trust.

See our legal pages on [complaining about health and social care](#) for more information about your rights.

## How can I find a therapist?

This section explains how to find:

- [NHS therapists](#)
- [Charity and third sector therapists](#)
- [Therapists at your place of work or education](#)
- [Private therapists](#)

#### Things to ask when arranging an appointment with a therapist

You may want to ask your therapist (or the person referring you for therapy) about:

- [their background and qualifications](#)
- the [type of therapy](#) they practice
- if they have a specialism (for example, some therapists specialise in working with particular issues or groups such as younger people, LGBTQ+ people, or survivors of abuse and violence)
- their experience of working with the problem you're experiencing
- whether there is a waiting list and how long it will take you to get an appointment
- how long the therapy will last and [what it will be like](#)
- the benefits and risks involved
- what happens if you cancel or miss a session
- their [confidentiality policy](#)
- if you have a disability and need [reasonable adjustments](#) to make the sessions easier for you to attend.

It's also important to **mention any special requirements or preferences** you have. For example, if you'd feel most comfortable seeing a therapist of a particular gender, or who speaks your first language, or has a particular specialism.

*For me it took a couple of tries before I found the right therapist that I felt comfortable with.*

## NHS therapists

Any therapy provided through the NHS should be **free of charge**. The common routes to access talking therapies through the NHS are:

- **Your GP.** Your GP might refer you to a suitable service after speaking to you – that service will then get in touch with you. See our page on [talking to your GP](#) for guidance on discussing your mental health with them.
- **Self-referral.** Some areas run services which you can contact directly to refer yourself for a talking therapy. Your GP might give you the number of a service you can call, or you might find one through [IAPT](#).
- **Improving Access to Psychological Therapies (IAPT)** (called 'psychological services (IAPT)' in some places). This is an NHS programme offering talking therapies for common mental health problems, which you can often refer yourself to without going through your GP. Most areas in England have an IAPT service, but the kinds of therapies available differs from region to region (IAPT is not currently available

in Wales). To find IAPT services near you, use the [online IAPT service finder on the NHS website](#).

I'd definitely tell anyone who was accessing talking therapies for the first time to be patient and don't give up! The NHS can be difficult to navigate but it's worth it in the end.

### What if there are long waiting lists?

Unfortunately it's very common to have to spend time on a waiting list before getting therapy through the NHS. While you're on a waiting list it might help to:

- Ask your doctor to give you a contact number to ring to check how long you have to wait.
- Explore any [alternatives to therapy](#) which might help in the meantime.

Our page on [facing and overcoming barriers to seeking help](#) gives more suggestions.

**Mind is campaigning** to make sure that everyone has access to talking therapies when they need them. You can find out more about what we're doing on our [campaign pages](#) and see how you can get involved.

*It's been a total rollercoaster for me – I've tried many different therapies, often not realising what was going on as the NHS wasn't clear at explaining things to me. I've found bits that worked, bits that didn't work, and bits that might've worked if I'd realised I could change therapists. Now I'm working with a therapist who I really trust and, with her support, my life has dramatically improved.*

### Charity and third sector therapists

Some community and charity sector organisations may offer free or low-cost talking therapies. For example:

- Your [local Mind](#), local [Rethink Mental Illness](#), or local [Turning Point](#) branch may be able to offer you talking therapies. Sometimes these local organisations may also form part of a local [IAPT service](#) with the NHS.
- [Mental Health Matters \(MHM\)](#) offers a telephone counselling service and talking therapies in some areas.
- [Anxiety UK](#) offers talking therapies for anxiety. There is a fee but they do offer reduced costs for people on a low income.
- [Cruse Bereavement Care](#) may offer free counselling services if you have experienced the death of someone close to you.
- [Rape Crisis centres](#) offer counselling to survivors of sexual abuse and sometimes to their families.

See our page on [seeking help through the third sector](#) for more information. Some charities also provide [telephone listening and emotional support services](#). These are not counselling or therapy, but can be helpful if you need to talk to someone in between sessions.

## Therapists at your place of work or education

- **If you're a student** – many colleges and universities have a free counselling service. You can usually access this without going through your academic tutors or GP. (See our pages on [coping with student life](#) for more information)
- **If you're an employee** – your workplace might offer an Employee Assistance Programme which might provide a limited number of free therapy sessions. You can usually access this without going through your Manager, HR department or GP. (See our pages on [coping with working life](#) for more information)

## Private therapists

There are many reasons you might consider going private, although it's not an option for everyone because **it can be expensive**. If you decide to explore private therapy, it's a good idea to look for a therapist using the online search function of a reliable website which only lists therapists who are **registered with a professional body**. For example:

- the [Counselling Directory](#) – for all kinds of counsellors and therapists
- the [British Association for Counselling and Psychotherapy \(BACP\)](#) – for all kinds of counsellors and therapists
- the [British Association for Behavioural & Cognitive Psychotherapies \(BABCP\)](#) – for [cognitive behavioural therapy \(CBT\)](#) practitioners
- the [UK Council for Psychotherapy \(UKCP\)](#) – for psychotherapists
- the [British Psychological Society \(BPS\)](#) – for local therapists
- [Pink therapy](#) – for therapists with LGBTQ+ experience.

Before committing to paying for therapy it may be helpful to ask:

- How much do they charge per session?
- Do they offer a free introductory session to allow you to decide whether you can work together?
- Do they offer reduced rates for people on low incomes?
- Do they charge for missed appointments (and if yes, how much notice do you need to give them to avoid being charged)?

See our page on [private sector care](#) for more information on paying for healthcare.

### Online or digital therapy

You may find websites offering low cost therapy online. This can be helpful if you're uncomfortable talking to someone in person, or if you have difficulty leaving the house or using transport.

But some of these sites might not use professional therapists, so it's important to ask enough questions to trust in the person you're talking to. See our pages on [getting the most from therapy](#) and [staying safe online](#) for support to feel confident in seeking therapy online.

## What alternatives are there?

Although many people find therapy helpful, it's not for everyone. If therapy isn't right for you just now, or you're currently on a waiting list, or you just want more options to explore, you could try:

- **Self-help books.** Your GP might recommend particular titles from a [Reading Well](#) scheme called 'Books on Prescription'. This scheme is supported by most local libraries, so you can go and check the books out for free – you don't actually need a prescription from a doctor.
- **Peer support.** This brings people together who've shared similar experiences and can empathise with what you're going through. (See our pages on [peer support](#) for more information, including how to find a suitable support group.)
- **Ecotherapy.** This is the general name for a wide range of programmes which focus on incorporating nature into therapeutic activities, such as gardening, being outdoors or working with animals. (See our pages on [nature and mental health](#) for more information.)
- **Complementary and alternative therapies.** These include options such as yoga, massage, meditation and herbal remedies. (See our pages on [complementary and alternative therapies](#) for more information.)
- **Medication.** There are various [medications](#) your doctor might offer to prescribe you which can help reduce the symptoms of different mental health problems. You might sometimes be offered [medication alongside therapy](#).

Our pages on [seeking help for a mental health problem](#), [self-care](#) and [mental health support services](#) also cover different options that might be available to you.

## Therapy, medication or both?

In some situations your doctor might offer you either therapy or medication alone, or often both together. This might be because:

- **Medication could help you get more benefit from therapy**, as it can ease your symptoms so you're better able to explore your thoughts and feelings.
- **Medication is often something you could try right away**, whereas you might have to be on a waiting list for a while before you can get therapy through the NHS.
- **The National Institute for Health and Care Excellence (NICE)** might recommend a **particular treatment path** for your diagnosis, which includes medication.

Whatever you're offered, it's important to remember that:

- **What you find works best will be personal to you.** Different medications and therapies work differently for different people. You might have to try a few things

to work out what helps you most – and you might find that different combinations suit you better at different times in your life.

- **It's your choice** what treatment you want to try, and you usually have the right to refuse medication or therapy if you don't want them.

See our pages on [psychiatric medication](#) for more information.

## Useful contacts

### Mind's services

- **Helplines** – all our helplines provide information and support by phone and email. Our Blue Light Infoline is just for emergency service staff, volunteers and their families.
  - Mind's Infoline – 0300 123 3393, [info@mind](mailto:info@mind)
  - Mind's Legal Line – 0300 466 6463, [legal@mind](mailto:legal@mind)
  - Blue Light Infoline – 0300 303 5999, [bluelightinfo@mind](mailto:bluelightinfo@mind)
- **Local Minds** – there are over 140 local Minds across England and Wales which provide services such as [talking treatments](#), [peer support](#), and [advocacy](#). [Find your local Mind here](#), and contact them directly to see how they can help.
- **Elefriends** is a supportive online community for anyone experiencing a mental health problem. See our [Elefriends page](#) for details.

## Who else could help?

### Association for Cognitive Analytic Therapists

[acat.me.uk](http://acat.me.uk)

Information and details of accredited cognitive analytic therapy practitioners.

### British Association for Behavioural and Cognitive Psychotherapies (BABCP)

0161 705 4304

[babcp.com](http://babcp.com)

Provides details of accredited cognitive behaviour therapists.

### British Association for Counselling and Psychotherapy (BACP)

01455 883 300

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

[itsgoodtotalk.org.uk](http://itsgoodtotalk.org.uk)

Directory of therapists provided by the British Association of Counselling and Psychotherapy.

[Ask Kathleen](#)

Information and details of accredited practitioners.

### British Association of Play Therapists (BAPT)

[bapt.info](http://bapt.info)

Information and details of accredited play therapists.

**British Psychological Society (BPS)**

0116 254 9568

[bps.org.uk](http://bps.org.uk)

Provides a list of chartered psychologists.

**The Clinic for Boundaries Studies**

helpline: 0203 468 4194

[professionalboundaries.org.uk](http://professionalboundaries.org.uk)

Support services for those harmed by a professional in a position of trust.

**Counselling Directory**

[counselling-directory.org.uk](http://counselling-directory.org.uk)

Provides a list of therapists

**Cruse Bereavement Care**

helpline: 0844 477 9400

[crusebereavementcare.org.uk](http://crusebereavementcare.org.uk)

Support for anyone affected by a death of someone close to you.

**IAPT (Improved Access to Psychological Therapies)**

[iapt.nhs.uk/services](http://iapt.nhs.uk/services)

Information about local NHS therapy and counselling services, which you can often self-refer to (England only).

**Mental Health Matters (MHM)**

[mentalhealthmatters.com](http://mentalhealthmatters.com)

Provides a counselling helpline and talking therapies in some areas of the UK.

**National Institute for Health and Care Excellence (NICE)**

[nice.org.uk](http://nice.org.uk)

Information and clinical guidelines on recommended treatments for different conditions, including anxiety disorders.

**NHS Choices service finder**

[nhs.uk/service-search](http://nhs.uk/service-search)

Search facility which allows you to look for a health service, including a GP, in your area.

**Rape Crisis**

[rapecrisis.org.uk](http://rapecrisis.org.uk)

Information and support for anyone affected by rape and sexual violence. Counselling is offered in many of their local centres.

**Relate**

0300 100 1234

[relate.org.uk](http://relate.org.uk)

Support and information for anyone affected by problems around relationships, including offering relationship counselling.

**Turning Point**

[turning-point.co.uk](http://turning-point.co.uk)



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02074 817 600

Provides services for people with drug, alcohol and mental health problems.

**United Kingdom Council for Psychotherapy (UKCP)**

020 7014 9955

[psychotherapy.org.uk](http://psychotherapy.org.uk)

A professional body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors. It has an online register of psychotherapists offering different talking treatments privately.

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To be revised in 2021.

References are available on request.