

Counselling services in Leeds

The following is a list of services in Leeds whose primary aim is to offer counselling for individuals in mental distress. There are also many other services that also offer counselling as well as counselling services tailored to specific groups, needs or communities listed on the website www.mentalhealthleeds.info. The Alliance of counselling Agencies and Volition both produce up to date lists of counselling services available in Leeds for individuals and professionals, which include services that target specific groups such as asylum seekers or age specific groups.

Where people are experiencing difficulties relating to illnesses such as dementia or alzheimers disease organisations such as the Alzheimer's society, carer's groups or Age concern can be more relevant and offer counselling services related to their area of expertise.

Service	Opening hours	target group	area covered
Armley Counselling Service Strawberry Lane Community Centre LS12 1SF 289 1151	10am-7.30 pm Mon-Thurs	Counselling service for those in need - open ended. Voluntary organisation - donations welcomed. Suitable for age 16 and over	West South Leeds
*Archway 95 Roundhay Road, Leeds LS8 5AQ Tel: 0113 383 3900 (voicemail messages 0113 383 3915)	Mon 10am-6.pm, Tues & Thurs 10am-8.pm, Fri 10am-6pm.	Free for young people aged 16–25. short and longer term counselling.	citywide
*BARCA - Leeds 277 Upper Town St LS13 3JT 220 9784	Mon 9am-6pm Tues-Fri 9am-5pm	Confidential information, counselling and support service for young people aged 13-19. plus Leeds Reaching Out service for men 18+	West Leeds
*The Beck Unit 2, Killingbeck Court, Killingbeck Office Village, Leeds LS14 6UF Tel: 0113 8814800 or: 07949523830		For people aged 16-25. Free service, open-ended. short and longer term counselling. Therapeutic approach: Integrative.	East Leeds
*Black Health Initiative Unit 10 Chapeltown Enterprise Centre, 231 – 235 Chapeltown Road, Leeds LS7 3DX Tel: 0113 307 0300	9am-4pm Mon-Fri	For African, African Caribbean and Dual Heritage communities. Free to young people and sliding scale for adult and family counselling. Group and family therapy, up to 8 sessions person centred therapy. family therapy a specialism.	Citywide
Careline Cardinal Heenan Centre 326 High Road	10am to 1pm and 7pm to 10pm, Monday	A charity providing a free national confidential telephone counselling	National

Ilford IG1 1QP 0845 122 8622 www.careline.uk.org info@careline.uk.org	to Friday.	service. Sector	
*Cruse Bereavement Care Centenary House, North Street, Leeds LS2 8AY Tel: 0113 234 4150	9.30am-5pm	For bereaved people 18+. Up to 12 free sessions of person centred therapy	citywide
*Leeds Counselling Leeds Bridge House LS10 1JN 245 0303 www.leedscounselling.org.uk info@leedscounselling.org.uk	Mon-Thurs 9am-9pm, Fri 9am-4pm	A counselling and psychotherapy service providing variable fee counselling on a once a week, one to one basis for a wide range of personal and relationship problems. Both long and short term counselling is offered. There is also an IAPT service available	City Wide
*Leeds Mind Counselling and Therapy Service (CATS) Grove Villa 82 Cardigan Road Leeds LS6 3BJ 230 7673 www.leedsmind.org.uk cats@leedsmind.org.uk Fax: 230 7621	Mon 9:30am-5pm; Tues, Weds, Thurs 9.30am-9pm.	Offers individual counselling and therapy provided by a wide range of therapists from different backgrounds and training. Evening counselling available. Contribution towards cost based on what people can afford.	City Wide
Leeds Wellbeing Centre Marquis House 33 Eastgate Leeds LS2 7RD 244 4546 www.leedswellbeingcentre.org.uk info@leedswellbeingcentre.org.uk	9.00am - 8.00pm Mon-Fri.	One year pilot project funded by Multiple Choice and Leeds Special Grants Programme which aims to offer talking and complementary therapies to some of the most disadvantaged client groups in our communities. Any organisations in Leeds can refer clients at a cost of £5 per client per session (29/6/10).	City Wide
*Listening Ear Please note: No referrals being taken at the moment (Oct 2010)		For women 18+ up to 26 sessions available. Free Person centred, integrative	west Leeds (LS12,

Women's Health Matters, Bridge House, Balm Road, Leeds LS10 2TP Tel: 0113 276 2851		therapy. Areas of special expertise: childhood abuse, depression, domestic violence. All therapists are women.	LS13, LS28)
*Person To Person Oxford Place Centre Oxford Place Methodist Church Leeds LS1 3AX 242 5254 www.leedsmethodistmission.co.uk op.deacon@btconnect.com Fax: 242 5603	10am - 2pm Mon -Fri	Drop-in service - primarily offering a 'listening post' for people who are anxious, worried or depressed. Offers ongoing support when appropriate. Referrals when appropriate.	City Wide
REAP Therapeutic Counselling Services Ralph 07930535622 Bev 07791786555 www.reap-counselling.co.uk ralphclaxton2005@yahoo.co.uk	Mon - Friday 9am - 7pm (last client at 7pm), Sat 9am - 2pm. Flexibility can be arranged according to personal circumstances.	REAP is fundamentally a BME run organisation whose clientele consists of individuals of all races & cultures, and individuals who are able bodied and disabled. Provides counselling and support to people of all ages, their families and carers.	City Wide
*Relate Leeds The Gallery, Oxford Chambers, Oxford Place, Leeds LS1 3AX Tel: 01302 347 444	Mon-Thurs 9am-9pm; Sat 9am-1pm	For individuals, couples, families, same sex couples, young people. A small bursary is available for those who cannot afford the full cost. Counsellor to recommend number of sessions. Therapeutic approach includes integrative and CBT for sex therapy. Relationship counselling and sex therapy.	City wide
Samaritans (Leeds) 93 Clarendon Road Leeds LS2 9LY 08457 90 90 90 / Local 0113 2456789	24 hour phone, 10am- 10pm face to face (please ring first for staff availability)	To work for the assistance of people who are suicidal. Despairing or in distress. Support through listening and helping them to explore their feelings.	City Wide
*St Vincent's Support Centre 82 York Road, Leeds LS9 9AA Tel: 0113 248 4126	10am -4pm Mon-Fri	For people 19+, Low cost, negotiable rates. short and long term therapy using person centred, integrative including CBT styles of therapy.	City wide

*Solace Suites 2 & 3, Bank House, 150, Roundhay Road, Leeds LS8 5LJ Tel: 0113 249 1437	9am -5pm Mon-Fri	For asylum seekers and refugees. 12 free sessions at a minimum available using various therapeutic approaches. Do use interpreters for non-English speakers.	City wide
*The Market Place c/o St Peter's House, Kirkgate, Leeds LS2 7DJ Tel: 0113 246 1659	Drop in Thurs 1-5pm; Fri 12-4pm; Sat 11am-3pm	Free for young people aged 13-23. Up to 12 months at a time of young person centred therapy.	City wide
*Touchstone – IAPT service c/o Touchstone House. 2-4 Middleton Crescent, Beeston, Leeds LS11 6JU Tel: 0113 2163000	9am-5pm Mon-Thurs 9-4.30 Fri	CBT based Guided Self Help and CBT (Cognitive Behavioural Therapy). For people with common mental health problems such as depression, anxiety, and stress related conditions. Touchstone IAPT aims to improve access to talking therapies, primarily but not exclusively to BME communities. Up to 20 free weekly sessions available using a CBT approach.	City wide
*Women's Counselling & Therapy Service Oxford Chambers Oxford Place Leeds LS1 3AX 0113 245 5725	Mon and Tues 9am-5pm, Wed 9am-5pm, Thurs 9am-7pm	Provides consultations, individual counselling and therapy and group therapy for women in the Leeds area. Psychodynamic orientation in counselling and psychotherapy, specialist services for sexual abuse and eating disorders. For details of waiting list for initial consultation and subsequent treatments phone 245 5725.	
*WPF Therapy 23 Magdalen St London SE1 2EN 020 7378 2000		a large national network of counselling/psychotherapy and training centres in Britain. Clients contribute according to their financial circumstances.	National
Yorkshire Mesmac		For gay men, bisexual men,	City

P.O Box 417, Leeds LS1 5PN Tel: 07771 931327		men who have sex with men, female partners of men who are attracted to men. Free, dependent on income. Number of sessions: short term, depends on income. Specialising in sexuality, sexual health. Counsellor using BSL available.	wide
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NHS services are constantly being updated. [Guidance on Talking therapies available from the NHS](#) is a clear booklet available on line from: http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4082709.pdf.

Volition also provide a list of Voluntary sector counselling services in Leeds for professionals and individuals for reference. Those organisations marked with a * above are included.

There are counsellors and therapists who work in private businesses – you’ll find them in the phone book, on the website of the British Association for Counselling and Psychotherapy: www.bacp.co.uk or on the Counselling Directory website: www.counselling-directory.org.uk . However, waiting lists might be longer and costs higher than for voluntary sector counselling.

For more information about mental health services in Leeds, including counselling, go to the Information for Mental Health website: www.mentalhealthleeds.info