

# Counselling Services in Manchester

Manchester

Manchester Community Health

## Adult Counselling Services

### African & Carribean Mental Health Service, Hulme

0161 226 9562

Free services for adults of African and Carribean heritage.

### Age Concern

0161 833 3944

Free service for the over 60s and carers of over 60s. Sessions held at: Crossacres Day Centre, Wythenshawe; Miles Platting Day Centre; Swan Street Offices in Manchester City Centre

### Body Positive Northwest

0161 882 2200

Free services for HIV+ people & family and friends

**Helpline: 0161 882 2202**

### Care Concern

0161 796 0807

Free Bereavement and Loss counselling

### Cruse Bereavement Care

0161 236 8103

Free Bereavement and Loss counselling for adults and young people.

### Face to Face, Chorlton

0161 881 1535

Adult and young people's (aged 9+) services, incl couple therapy. Small donation (£3-£10) / session

### Family Contact Line, Altrincham

0161 941 7754

Adult and young people's (aged 10+) services

**Helpline: 0845 120 3788**

Minimum fee £5/session. Counselling on issues of an emotional nature, such as marital and relationship difficulties, bereavement, stress, work, redundancy and childhood abuse.

### Grace Incorporation Faith Trust, Windrush Centre

0161 636 7584

Free adult and young people's (aged 8+) services, priority given to young people & vulnerable adults

### Gaddum Centre, Central Manchester

0161 834 6069

Free Bereavement and Loss counselling

### Lesbian and Gay Foundation, Central Manchester

9am-5pm: 0161 235 8035

6pm-10pm: 0845 330 3030

Counselling on issues such as: HIV and sexual health, self-harm, sexuality, bereavement and loss, gender identity, anxiety and depression, anger management. Sliding scale fee payment system: £1 for each £1000 of income (min£5).

### Manchester Metropolitan University Counselling Service

0161 247 3493

Free service for Manchester Metropolitan University students.

### Manchester Rape Crisis, Central Manchester

Mon-Fri 10am-4pm: 0161 273 4591

Wed & Thurs 6pm-9pm Fri 2pm-5pm: **Helpline: 0161 273 4500**

Free confidential service run by women for women and girls who have been raped or sexually abused.

### New Dawn Counselling, Wythenshawe

0161 962 8100

Counselling services for adults. The service is open to clients with or without any religious or spiritual affiliation. The organization welcomes contributions towards the costs of the service.

### North and South Manchester Counselling Service

0765 987 9593

Counselling for Manchester residents (over 18) at the Woodville Resource Centre, Cheetham Hill and Burnage Community and Healthcare Centre. Free to people on low income. Donations requested from people who can afford them.

### North Manchester Primary Care Mental Health Team

0161 231 0017

Free self referral counselling service for adults (aged 16+) with a North Manchester GP.

**Protem****0161 434 2224**

Christian Trust offering counselling. Free to people on low income. The organization welcomes contributions towards the costs of the service on a sliding scale according to income.

**Relate****0161 872 0303**

Counselling service for adults experiencing problems with their personal relationships. Includes sex therapy, family counselling and counselling for young people aged 10-25 who are suffering as a result of the breakdown of parents' relationship. Sliding scale for fee: min £15/session (£20/evening session)

**Respect for All Counselling****07902 223 743**

Free self-referral counselling for people with: severe to mild learning disabilities, or diagnosed on Autism Spectrum, incl. Asperger's. Also parents, carers and relatives. At a time and place to suit service user.

**St Mary's Centre, Central Manchester****0161 276 6515**

Free, confidential medical and counselling services to women and men who have been raped or sexually assaulted. Does not deal with survivors of childhood abuse.

**Self Help Services Counselling, Zion Centre****0161 226 3871**

Free counselling service for adults.

**South Asian Counselling Service, Pakistani Resource Centre****0161 237 1125**

Free services for over 18s of South Asian heritage includes: counselling and emotional and practical support to individuals experiencing mental ill health, their carers and families.

**The Roby, Longsight****0161 257 2653**

Free counselling service for adults. Culturally sensitive services for South Asian community.

**University of Manchester Counselling Service****0161 275 2864**

Free service for University of Manchester students & staff

**Children & Young People Counselling Services****42nd Street, Central Manchester** Mon-Fri 12.30pm-4.30pm: **Helpline: 0161 832 0170**

Free counselling and other services for 14-25 year olds.

**Admin: 0161 832 0169****Brook, Central Manchester****0161 237 3001**

Free confidential sex advice, contraception and counselling for young people under 19. Counselling around any issue, not just sex and relationships.

**Cruse Bereavement Care** - See overleaf for more details.**0161 236 8103****Eclipse, Central Manchester****0161 273 6686**

Free Drug & Alcohol counselling for young people up to the age of 19.

**Face to Face** - See overleaf for more details.**0161 881 1535****Family Contact Line** - See overleaf for more details.**0161 941 7754****Helpline: 0845 120 3788****Gaddum Centre** - See overleaf for more details.**0161 834 6069****Grace Incorporation Faith Trust** - See overleaf for more details**0161 636 7584****Relate** - See above for more details.**0161 872 0303****Support 4 Progress, Moss Side****0161 868 0962**

Group Support and Counselling for BME young people

**YASP, Levenshulme****0161 221 3054**

Free services for 14-25 year olds.

**Youth Service Counselling****0161 273 7588**

Free for 13-19 year olds available from Longsight, Moston and Wythenshawe Youth Centres.