

Counselling Services in Manchester



Manchester

Manchester Community Health

Adult Counselling Services

African & Caribbean Mental Health Service, Hulme

Free services for adults of African and Caribbean heritage.

0161 226 9562

Age Concern

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.

0161 833 3944

Body Positive Northwest

Free services for HIV+ people & family and friends.

0161 882 2200

Helpline: 0161 882 2202

Care Concern

Free Bereavement and Loss counselling.

0161 796 0807

Cheadle Hulme Centre, Cheadle Hulme

Free counselling for people with long term illnesses, family members and carers.

07593858467

Cruse Bereavement Care

Free Bereavement and Loss counselling for adults and young people.

0161 236 8103

Face to Face, Chorlton

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

0161 881 1535

Family Contact Line, Altrincham

Adult and young people's (aged 10+) services. Min fee £5/session.

0161 941 7754

Helpline: 0845 120 3788

Grace Incorporation Faith Trust, Windrush Centre

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

0161 636 7584

Lesbian and Gay Foundation, Central Manchester

Counselling on a range of issues. Sliding scale fee system (min£5).

9am-5pm: **0161 235 8035**

6pm-10pm: **0845 330 3030**

Manchester Metropolitan University Counselling Service

Free service for Manchester Metropolitan University students.

0161 247 3493

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

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.

0161 962 8100

North and South Manchester Counselling Service

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.

0765 987 9593

Protem

Christian Trust offering counselling. Free to people on low income. Fees on sliding scale.

0161 434 2224

Relate

Service for adults experiencing personal relationship problems. Young people's service 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).

0161 872 0303

Respect for All Counselling

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.

07902 223 743

St Luke's Neighbourhood Centre, Longsight

Free counselling service for adults.

0161 226 3871

St Mary's Centre, Central Manchester

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.

0161 276 6515

Self Help Services Counselling, Zion Centre

Free counselling service for adults.

0161 226 3871

South Asian Counselling Service, Pakistani Resource Centre

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.

0161 237 1125

Stockport Christian Counselling, Stockport & Gorton

Free counselling service for adults with a satellite service in Gorton.

0161 223 8622

The Roby, Longsight

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

0161 273 4844

University of Manchester Counselling Service

Free service for University of Manchester students & staff.

0161 275 2864

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

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

0161 237 3001

Cruse Bereavement Care - See overleaf for more details.

0161 236 8103

Eclipse, Central Manchester

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

0161 273 6686

Face to Face - See overleaf for more details.

0161 881 1535

Family Contact Line - See overleaf for more details.

0161 941 7754

Gaddum Centre, Central Manchester

Free Bereavement and Loss counselling for young people and their family members.

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

Group Support and Counselling for BME young people.

0161 868 0962

YASP, Levenshulme

Free services for 14-25 year olds.

0161 221 3054