Directory of Counselling Services in Kingston
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INTRODUCTION

This directory contains details of counselling services in Kingston. Most services provide short term counselling for individuals with common mental disorders such as depression or anxiety and the majority are for adults. Some services are for individuals with particular needs; these are described in each entry. These are provided by a range of statutory, voluntary organisations and private businesses.

Services for children and young people include the Emotional health Service, Relate and the Islamic Resource centre as well as services for students at the College and University.

Services for older people include Staywell.

Costs
iCope and the Emotional health Service are free services providing psychological therapies. Some other services are also free, others charge on a sliding scale depending on income.

Languages
A number of services have members of staff who speak different languages. Kingston Interpreting Service (KIS) is also available; this needs to be arranged by the counselling service or a GP and there is a charge. Services can contact KIS on Telephone: 020 8547 5822 / Email: kis@kingston.gov.uk

Serious mental illnesses
Individuals with more serious mental illnesses should contact their GPs about a referral to South West London and St George’s mental health trust.

Crisis
Anyone in crisis because of their mental health should contact the Mental Health Support Line on 0800 028 8000 (5pm-9am Mon to Fri, 24 hours Sat and Sun) or the Samaritans on 020 8399 6676.

Self help
Kingston libraries have a collection of self-help books for managing common conditions, including anxiety, stress, sleep problems, phobias and depression. There are different collections for different age groups.
Other support available
Many of the organisations listed in this directory also provide a range of other support e.g. help with benefits, housing and employment, parenting as well as peer support groups.

To find out about other local voluntary and community organisations in Kingston go to Kingston Voluntary Action’s ‘Find a Group’ directory at www.vcconnectsystem.org.uk/kingstononlinedirectory or go to www.careplace.org.uk

To find out about local services for children go to the Achieving for Children info website at www.afcinfo.org.uk

Tips on looking after your mental health
Go to www.kingston.gov.uk/info/200310/mental_health

The Good Thinking website has some tools for anyone feeling anxious, sleep deprived, stressed or low
www.good-thinking.uk

For more information on mental health and wellbeing services in Kingston contact:
Sylvie Ford
Joint Mental Health Commissioning Lead
Kingston Clinical Commissioning Group / Royal Borough of Kingston
020 8339 8177
sylvie.ford@swlondon.nhs.uk

Rachel Rowan
Mental Health Commissioning Manager
Kingston Clinical Commissioning Group
020 8339 8158
rachel.rowan@swlondon.nhs.uk

Liz Trayhorn
Public Health Programme lead for Mental Health
Royal Borough of Kingston
020 8547 6120
liz.trayhorn@kingston.gov.uk
Who your service is for
18 years+ who live/work in Kingston or surrounding boroughs who are:
• Alcohol misusing or drug misusing clients, who are suitable for counselling
• Carers/family members affected by someone else’s substance misuse.
• Clients with other addictions e.g. gambling, internet and sex
• Clients with mild to moderate mental health issues under current supervision of a mental health care professional or their GP
• Clients in long term recovery (alcohol and substance misuse) who are experiencing difficulties in their lives
Clients must be:
• In stable accommodation and provide an address and telephone number
• Substance free on appointment day
• Registered with a GP
There is no using on the premises except persons on a clinically supervised methadone or subutex programme or taking prescription drugs in the prescribed dosage.

What type of mental health related services do you provide?
• One to one assessment
• Advice and information over the phone
• One to one counselling - short, medium and long term
• Aftercare e.g. medium/long term counselling and groups
• All service users are offered groups in addition to counselling.

Waiting list times
1 week for assessment, 1-3 weeks for counselling, 1 week for groups

Referral route from/to your service
Individuals can self refer or be referred by GPs, Wellbeing Service, Social Services Children & Families teams, Community Mental Health teams, voluntary sector organisations and other treatment providers.

Operational hours
Kingston - Tues 10am-8pm, Weds 10am-8pm, Thurs 4pm-8pm and Sat 10am-2pm
Richmond - Mon 7.30am-3.30pm, Tues 7.30am-8.30pm, Weds 8am-7pm and Sat 10am-2pm

Location
Kingston - 96 Ditton Road, Surbiton, KT6 6RH
Richmond - 233 Lower Mortlake Road, Richmond, TW9 2LL
NOTE: Service users can access services from both sites
info@addictionsupport.co.uk
www.addictionsupport.co.uk

Fees charged
Contributions towards services
Counselling £10-£40, Groups - £5
The contributions are agreed at the assessment appointment with the service user. We do take into consideration personal financial situation.

Languages spoken/interpreting arrangements
English and Slovakian
**EACH COUNSELLING**

**Who your service is for**
- Women resident or working in the borough of Kingston
- Survivors of domestic and sexual violence
- Women and girls over 14

**What type of mental health related services do you provide?**
A specialist service providing:
- One to one counselling (up to 16 sessions)
- Ongoing group support to build confidence and skills
- Signpost you to other relevant agencies.

**Referral route from/to your service**
This service is available in a number of London boroughs. If you are a resident or working in Kingston contact the EACH main office:
020 8577 6059
infoascent@eachcounselling.org.uk

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**RAPE AND SEXUAL ABUSE SUPPORT CENTRE**

**Who your service is for**
The Rape and Sexual Abuse Support Centre (Rape Crisis South London) provides counselling for female Survivors of all forms of sexual violence. In our Kingston Centre (13 yrs +) In our Croydon Centre we also offer specialist play therapy for girls aged 5+

**Referral route from/to your service**
counselling.coordinator@rasasc.org.uk

Rape Crisis National Helpline
0808 802 9999

For emotional support, free information and guidance
helpline.coordinator@rasasc.org.uk
info@rasasc.org.uk
counselling.coordinator@rasasc.org.uk

Appointments by arrangement
020 8683 3311
www.rasasc.org.uk
info@rasasc.org.uk
counselling.coordinator@rasasc.org.uk
Who your service is for
Children and young people

What type of mental health related services do you provide?
An early response to children and young people experiencing poor emotional well being and mild - moderate mental health issues that are beginning to disrupt their daily functioning in order to prevent their situation worsening or deteriorating. We offer one to one, family and group therapies.

Waiting list times
6-8 week wait to an initial assessment appointment

Referral route from/to your service
For initial advice and guidance young people and parents can contact the Kingston Single Point of Access (SPA) Team on 020 8547 5008

As well as by young people and their parents, referrals can be made by GPs, schools, etc.

To make a referral to Child and Adolescent Mental health services please complete the secure online form with the consent of the young person or family here: www.kingston.gov.uk/info/200235/safeguarding_children/473/concerned_about_a_child/4

Your referral or enquiry will be considered by a qualified mental health clinician who will decide within one working day on the appropriate next steps. The referrer will be advised on the action taken within 48 hours of the referral being received.

Operational hours
8.45am to 4.35pm Monday to Friday

Location
www.aflocaloffer.org.uk/organisations/7822-emotional-health-service

Fees charged
None

Languages spoken/interpreting arrangements
English
Who your service is for
Hillcroft students only. Hillcroft provides a unique educational, residential and supportive environment for women 19+. We specialise in offering residential courses for women with few or no qualifications to help them develop the confidence and skills to fulfil their potential and achieve their learning goals. We also offer courses which can lead to access into University.

What type of mental health related services do you provide?
Enrolled students on campus:
• 1:1 Wellbeing Assessments to ascertain their readiness to learn at a residential college
• 1:1 counselling available on Wednesdays by appointment
• Daily drop-in Welfare service

Waiting list times
Varies depending on time of academic year.

Referral route from/to your service
Self referral once enrolled at Hillcroft via phone, email or attending drop-in sessions.

Operational hours
Hillcroft is open 7 days a week but Monday to Friday 9am-5pm with a skeleton staff at weekends if a weekend course is running.

Location
South Bank, Surbiton, Surrey KT6 6DF
020 8399 2688
enquiries@hillcroft.ac.uk
www.hillcroft.ac.uk

It is advisable to contact the Learning Support team prior to application to discuss any potential support needs.

Fees charged
ree to Hillcroft students.

Languages spoken/interpreting arrangements
English
**HOMELESS HEALTH LINK SERVICE**

**Who your service is for**
People 18 years and over who have experienced homelessness and are in the boroughs of Kingston, Richmond, Merton, Sutton or Wandsworth and have recourse to public funds who:
- Have an unmet physical, mental health need or substance misuse issue, or are dissatisfied with the quality of care they are receiving.
- Are not registered with primary healthcare providers i.e. GP, dentist etc.

Clients must be willing to undertake a 45 minute assessment of their health needs.

**What type of mental health related services do you provide?**
- Facilitate access to relevant services including GP, Primary Care Liaison, Kingston Wellbeing Services, and CMHT.
- All clients can be referred to GOALS, a two day motivational training course incorporating CBT. [www.goalsuk.org](http://www.goalsuk.org)

**Waiting list times**
Maximum 1 week for response Maximum 2 weeks for assessment Up to 1 month for the GOALS programme.

**Referral route from/to your service**
Individuals can self-refer or be referred by any agencies they are currently working with.

**Referral process** - Referrals can be made using our referral form which can be requested via the below communication methods, however we will accept referrals made directly via phone or email where a sufficient amount of information can be gathered with respect to health needs and risk.

Phone: **020 8288 6506**
Fax: **020 8744 1662**
HHLS@spearlondon.org

**Operational hours**
Monday to Friday 9am-5pm.
We have flexible arrangements so we can work outside of normal office hours or weekends when necessary.

**Location**
SPEAR hub, 89 Heath Road, Twickenham, Richmond, TW1 4AW.
However, we tend to work remotely and can work from any location which is deemed safe, and is convenient for clients and referrers.

**Fees charged**
None

**Languages spoken/interpreting arrangements**
English
iCope - KINGSTON PSYCHOLOGICAL THERAPIES SERVICE

Who your service is for
We are an NHS service for people aged 18 or over who are struggling with common mental health problems, such as:
• Depression
• Post-natal depression or anxiety
• Generalised anxiety
• Panic attacks
• Phobia
• Health anxiety
• Social anxiety
• OCD
• PTSD
• Stress
• Insomnia
• Anxiety and/or depression associated with a long-term health conditions

What type of mental health related services do you provide?
We provide a range of short-term, evidence-based psychological therapies including CBT and counselling therapies. We also offer a range of different ways to access support, such as face-to-face, telephone, group-based courses and on-line help.

We can help you learn new ways to help yourself so that you feel more able to cope with your problems and we give you time to talk.

Waiting list times
Short waiting times for assessment

Referral route from/to your service
Self-referral, GP, mental health services, other agencies.

Operational hours
Monday, Wednesday, Thursday 8am-8pm
Tuesday 8am-6pm, Friday 8am-5pm

Location
Hollyfield House, 22 Hollyfield Road, Surbiton KT5 9AL
020 3317 7850
cim-tr.kingston-icope@nhs.net
www.kingston.icope.nhs.uk

Fees charged
None

Languages spoken/interpreting arrangements
Therapy can be offered in a range of languages and we use interpreting services where necessary.
Who your service is for
Anyone except children under 11 years of age. The centre is inclusive of all genders, race, religion, ability and location.

What type of mental health related services do you provide?
Centre provides 1:1, small group workshops, family/couple therapy, and both long and short term therapy. Also Coaching and Solution based therapy. Currently looking at proposals to run a befriending service.

Waiting list times
1-3 weeks on the initial assessment

Referral route from/to your service
Word of mouth, posters/leaflets in key places around the borough e.g. local GPs, library, schools other charity organisations etc.

Operational hours
Monday - Thursday 10am-2pm

Location
Cooper House, Acre Rd, Kingston upon Thames KT2 6ER
020 8549 5499
irc59@hotmail.com
www.irckingston.co.uk

Fees charged
Sliding Scale donation £10-£35 according to income/circumstances

Languages spoken/interpreting arrangements
English, Urdu, Hindi and Punjabi
KINGSTON BEREAVEMENT SERVICE

Who your service is for
Kingston Bereavement Service is for children, young people, adults and families who have been bereaved and are working, living or studying in Kingston. The Saying Goodbye Project (SGP) is for under 18s, please make contact for further details of the service provided. The Adult Service is for people aged 18 and over and is described below.

What type of mental health related services do you provide?
We offer:
• Individual bereavement counselling for up to 10 sessions.
• A monthly Aftercare Support Group facilitated by a qualified counsellor.

We provide:
• Home visits for housebound clients.
• Specialist telephone advice on bereavement related issues to the general public.

Waiting list times
Average waiting time for Assessment is 2-3 weeks from receipt of referral.
Average waiting time for first counselling session after Assessment 3-4 weeks but varies greatly depending on time specified by client e.g. evening appointments have longer waiting time.

Referral route from/to your service
Mostly GP referral but can self-refer by phone, email or letter.

Operational hours
The office is staffed 9.30am - 2.30pm weekdays. Counselling takes place day times, evenings and some Saturdays.

Location
Welcare House, 53-55 Canbury Park Road, Kingston upon Thames KT2 6LQ
020 8547 1552
www.kingstonbereavementservice.org.uk
info@kingstonbereavementservice.org.uk

We also offer home visits for housebound clients.

Fees charged
The service is free if the client is referred by GP. If self-funding the current fee is £25.

Languages spoken/interpreting arrangements
Spanish
No interpreter
KINGSTON CARERS’ NETWORK

Who your service is for
Carers aged 18 and over who are supporting someone in the borough who could not manage without their support. Targeted support is also provided for young carers aged 5-18 however this does not include counselling, see below for more details.

What type of mental health related services do you provide?
One-to-one counselling which is initially offered for 12 weeks and then reviewed. In addition, we also run 6 different monthly support groups. Mentoring and one-to-one emotional support is given to young carers aged 5 to 18.

Waiting list times
6 months +

Referral route from/to your service
Carers may be referred by professionals or self-refer.

Operational hours
Monday to Friday 9am to 5.30pm

Location
418 Ewell Road, Tolworth, KT6 7HF
020 3031 2751
Surbiton Health Centre Ewell Road, Surbiton, Greater London KT6 6EZ
info@kingstoncarers.org.uk
418 Ewell Road, Tolworth, KT6 7HF
020 3031 2757
admin@kingstoncarers.org.uk

Fees charged
None

Languages spoken/interpreting arrangements
English
**Who your service is for?**  
All college students only.

**What type of mental health related services do you provide?**  
Offer short term pastoral and counselling support and this is in consultation with relevant professionals associated with the student.

**Waiting list times**  
Varies depending on time of academic year.

All students can get face to face contact same day by attending drop-in service with Student Engagement Advisor.

**Referral route from/to your service**  
Tutor/ Staff referral  
Self-referral  
Student Support Team Referral to external agencies.

**Operational hours**  
Part time Counsellor.  
Student Support Centre open 5 days per week during term time.

**Location**  
Kingston Hall Road, Kingston upon Thames, Surrey KT1 2AQ

**Fees charged**  
Free

**Languages spoken/interpreting arrangements**  
Use of college staff as necessary
You can talk to a Samaritan face to face, we are usually open to receive visitors every day from 7.30am to 9.30pm every day. No appointment is needed, you can just turn up. The building is on the corner of Wheatfield Way and Palmer Crescent. 2 Wheatfield Way, Kingston KT1 2QS Please come to the entrance on Palmer Crescent (green door). There is no charge for his service.

Who your service is for?
The service is available to everyone regardless of age, gender, residency or anything else.

What type of mental health related services do you provide?
We provide a listening ear and emotional support to anyone in distress or despair including those with suicidal thoughts.

Waiting list times
A Samaritan will aim to respond to phone calls immediately if possible, texts within 30 minutes and emails within 24 hours.

Referral route from/to your service
Typically callers will contact us themselves. Sometimes callers’ support workers, CPN’s or therapist suggest they contact us for support.

Operational hours
The service is available 24 hours a day, 7 days a week every day of the year.

Location
Callers can access the service by calling free on 116 123, visiting face to face at the branch or emailing jo@samaritans.org. 116 123 is free to call from all UK mobiles and landlines. More information is available on the website or by contacting us www.samaritans.org/kingston

Fees charged
None

Languages spoken/interpreting arrangements
Alternative languages are not offered at this time.
Who your service is for
Kingston University students

What type of mental health related services do you provide?
• Wellbeing Assessments
• Brief 1:1 counselling
• Focused 1:1 support
• Daily drop-in service
• Weekly workshops including mindfulness and relaxation
• Online CBT self-help programmes
• Online library of self-help guides
• Further information available at www.kingston.ac.uk/health

Waiting list times
Varies depending on time of academic year. All students can get face to face contact same day by attending drop-in service.

Referral route from/to your service
Self-referral via phone or attending drop-in

Operational hours
Service available all year round with extended hours during term time
Details can be found at: www.kingston.ac.uk/health

Location
Health Centre
Penrhyn Road campus, Penrhyn Rd, Kingston upon Thames, Surrey KT1 2EE
Student Services Centre
Yorkon Building, Kingston Hill campus, Kingston Hill, Kingston upon Thames, Surrey KT2 7LB
020 8417 2172
health@kingston.ac.uk
www.kingston.ac.uk/health

Fees charged
Free to Kingston University students.

Languages spoken/interpreting arrangements
English
KINGSTON WOMEN’S CENTRE

Who your service is for
Women aged 18 and above

What type of mental health related services do you provide?
We offer Individual weekly counselling for up to 2 years

Waiting list times
Average waiting time for Assessment is 2 to 3 weeks.
Average waiting time for first counselling session after Assessment: 4 - 12 weeks, but varies greatly depending on client availability.
Limited day time availability or evening appointments have a longer waiting time.

Referral route from/to your service
Self-referral preferred, but we do accept written referrals

Operational hours
Limited Reception cover. Tuesday – Thursday 10am - 4pm. Messages will be responded to on these days.
Counselling takes place Monday – Thursday 9am - 9pm

Location
Kingston Women’s Centre,
169 Canbury Park Road, Kingston upon Thames, Surrey KT2 6LG
020 8541 1964 / 1941

Fees charged
Fees charged according to a sliding scale from £10-£35

Languages spoken/interpreting arrangements
We do not provide counselling through interpreters
Who your service is for
We provide counselling to adults of 18 years and over, male or female, and to people living, working or studying in Kingston; some out of area residents are accepted. We see people who present with moderate mental health issues i.e. depression, anxiety, panic attacks and also work related stress, self-confidence, relationships and other generic issues.
We do not take on people with complex mental health issues or people who are assessed as being at serious risk to themselves or others.

What type of mental health related services do you provide?
Our counselling is short term, up to 12 sessions, individuals only, sessions are on a weekly basis, 50 minutes per session.

Waiting list times
Usually about 3-4 months, sometimes less. Assessments usually take place within two weeks from the initial phone call.

Referral route from/to your service
Self-referral is the majority, but will also accept referrals from GP, Community Mental health teams, Balance and other organisations in the borough.

Operational hours
Monday – Wednesday, 6pm, 7pm, 8pm

Location
WelCare House 53-55 Canbury Park Road Kingston upon Thames Surrey, KT2 6LQ
020 8255 3939
www.mindinkingston.org.uk

Fees charged
£20 fixed fee for assessment and between £15 - £35 per session depending on income.

Languages spoken/interpreting arrangements
English only
NEW MaldEN COUnsellINg ASSOCIATES

Who your service is for
To provide counselling for individuals and couples (adults) experiencing a wide range of emotional difficulties. Provision can be extended to young people and those with special access requirement at alternative premises.

What type of mental health related services do you provide?
Face to face counselling by appointment. Short and long term counselling.

Waiting list times
Currently good availability. Initial appointments offered usually within 2 weeks.

Referral route from/to your service
Self-referral and via agencies by following routes:
020 8287 0900
counsellingassociates@outlook.com
www.newmaldencounsellingassociates.co.uk

Operational hours
Monday – Saturday am, pm and evening – all by appointment only

Location
Methodist Church, 49 High Street, New Malden, Surrey KT3 4BY
Or other locations by arrangement.
No current provision for seeing clients at home.

Fees charged
Yes

Languages spoken/interpreting arrangements
English, Italian
Who your service is for
18 years+. Refugees and asylum seekers resident, working or studying in the Royal Borough of Kingston or surrounding areas.
Conditions treated: mainly RAK counselling service assists people coming to terms with trauma and loss to cope better with the hardship of life in exile; we treat clients with PTSD, depression, anxiety, confidence issues and other mental health issues.
Exclusion: anyone with severe mental health problems in need of psychiatric services.

What type of mental health related services do you provide?
- 1:1, short term and long term
- Mindfulness workshops within the learning centre
- Psycho-educational workshops in the learning centre

Waiting list times
1-2 weeks.

Referral route from/to your service
Referrals: Kingston Wellbeing and Kingston Hospital, AFC, UASC Leaving Care Team.

Operational hours
2 days a week.
Monday 10.30am – 6.30pm.
Thursday 10am – 4pm.

Location
Refugee Action Kingston, Siddeley House, 50 Canbury Park Road, Kingston KT2 6LX
020 8547 0115
www.refugeeactionkingston.org.uk
parvaneh.davoudi@refugeeactionkingston.org.uk

No home visits.

Fees charged
No fees charged.

Languages spoken/interpreting arrangements
The counsellor is a Farsi native speaker, the volunteer speaks French. Interpreters by arrangement.
**Who your service is for**
- Adults (individuals and couples)
- Families
- Children and young people aged 11+ (we soon hope to develop the service for younger children aged 5+)
- Sex therapy (individuals and couples)
- Mediation for divorce and separation

**What type of mental health related services do you provide?**
Counselling may be with individuals, couples or families and aims to improve relationships in all their forms. Many clients present with stress, depression and anxiety or may be receiving specialist mental health support from other agencies. When appropriate we will also refer or signpost to GPs and other specialist agencies.

**Waiting list times**
Initial consultation – within 2 weeks
Ongoing counselling – average 3 months

**Referral route from/to your service**
Clients can access our services direct. We also accept referrals from GPs, social workers, schools and other agencies.

**Operational hours**
Clients arrange appointments with the counsellors concerned on a mutually convenient basis.

**Location**
Office hours (admin only):
9am - 9pm Monday - Friday
9am - 12noon Saturday
The Kingston centre offers appointments Monday - Thursday mornings and evenings & Friday and Saturday mornings.

Appointments can be made via Relate Response on 0300 100 1234 between 8am-10pm or by emailing counselling@relatelondonsw.org

**Fees charged**
Relationship counselling – adults: Minimum £60 per session, plus variable contributions according to affordability. Children and young people’s counselling is currently provided free of charge. We offer a Payment Assistance Scheme for clients that are unable to pay the full fees. Eligible clients pay £35 per session for evening appointments.

Daytime appointments are negotiable and clients may pay between £10 and £35 depending on eligibility.

**Languages spoken/interpreting arrangements**
Spanish, Croatian
Who your service is for
People who are aged 65 and over, living independently and registered with a GP in Kingston. It provides the opportunity for older individuals who might not usually access counselling because of mobility issues, anxiety in leaving their home, or associated stigma, to access free counselling support within their own home.

What type of mental health related services do you provide?
Home Counselling; Counselling can be provided on a one-to-one basis in the individual’s own home. Up to twelve sessions are usually offered, with a review after six.

Bradbury Centre Counselling Service; One-to-one sessions with a counsellor from Kingston iCope Service. The Bradbury also offers non-therapeutic bereavement support through a peer group.

Waiting list times
This varies, but usually no longer than four weeks.

Referral route from/to your service
Referrals to the Home Counselling option are via the Community Team and follow on from an initial holistic home assessment and a subsequent counselling assessment. Referrals to the Bradbury based counselling service can either be made through Kingston iCope Service, or directly through the Bradbury Centre.

Operational hours
Appointments are arranged on a mutually convenient basis.

Location
Staywell is based at Raleigh House, 14 Nelson Road, New Malden KT3 5EA 020 8942 8256
www.staywellservices.org.uk
The Bradbury Centre is at 37B Grange Road, Kingston upon Thames, KT1 2RA 020 8549 1230

Fees charged
All counselling services are offered free.

Languages spoken/interpreting arrangements
Currently only English is offered.
Who your service is for
Children, young people, individuals, couples and families, parents and carers.

What type of mental health related services do you provide?
- 1:1
- Group / family and couple therapy
- Short term (6 weeks) & longer term over 12 months reviewed regularly
- Peer support groups
- Systemic consultation, training and systemic reflective supervision offered for professionals and organisations.

Waiting list times
Initial assessment within 2 weeks.

Referral route from/to your service
Direct access via telephone call or email. Some referrals for homeless in transition via housing department of YMCA.

Operational hours
09.00am – 21.00pm Mon-Fri
Sat 9-18.00pm

Location
YMCA 49 Victoria Road, Surbiton, KT6 4NG
or Corporate offices
9-15 St James building, Surbiton
Surrey KT6 4QH
Release YMCA counselling service
www.ymcalsw.org
Team.Release@ymcalsw.org
020 8339 7310
07500 050 957

Fees charged
Fee scale dependant on income - from £25 - £80.
Reduced rate sessions @ £25 available for those on benefits, dependant on current level of grant funding.

Languages spoken/interpreting arrangements
Arranged in consultation with other organisation.