

Accessing Support: Low-cost therapy in London

Whether you have just been diagnosed with cancer, are undergoing treatment, or have finished treatment, it can be helpful to receive some support for the challenges that can arise. By taking the time to explore some of the experiences you have undergone with a trained professional, you might be able to resolve some complicated feelings and to recognise and address unhelpful patterns in the way you think or act. It can be useful to explore the types of therapy that are available and reach out to a professional in the field that you feel would fit you best.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

Psychotherapy & Counselling

AGIP – Fairbridge Low-Fee Clinic

The Association for Group and Individual Psychotherapy offer low fee and concessionary rates for students, those in receipt of state benefits, and those on income of below £25,000 per annum. If you believe you meet any of these criteria you can reach out to AGIP using their [Contact Form](#), or by calling **020 7272 7013**. Additionally, individuals who are eligible are required to commit to psychotherapy sessions twice weekly for a minimum of two years, with therapy provided by one of the trainee psychotherapists.

Website link: <https://www.agip.org.uk/psychotherapy/psychotherapy-services>

The Awareness Centre – Low Cost Counselling Sessions

A low-cost counselling service with trainee therapists. Sessions are run face-to-face in their Clapham and Tooting centres at a cost of £40 per session. To organise an appointment you can call their front-of-house team on **020 8673 4545**.

Website link: <https://theawarenesscentre.com/>



Bowlby Blues Project

For people aged over 18 and who would not otherwise have access to psychotherapy because they are on benefits or a low income (under £30,000 per year). They ask that applicants be willing to attend two psychotherapy sessions per week at a cost of £20 per session, with applicants able to make a commitment to this for at least 18 months.

Website link: <https://thebowlbycentre.org.uk/locator/the-blues-project/>

Brandon Centre – Free therapy for young people

Free counselling and psychotherapy for young people aged 16-24 who live in Camden or Islington. There are a variety of ways you can get in contact which you can see under the 'Refer Now' section of the linked website.

Website link: [Counselling & Psychotherapy | Brandon Centre](#)

British Association for Counselling and Psychotherapy (BACP)

The BACP has a search function (called Therapists Directory) where you can find a therapist by searching for a particular specialism and location. After performing an initial search an 'Additional Requirements' box will pop up on the left of your screen, which you can use to filter the results so that only therapists who offer concessionary rates are shown.

Website link: <https://www.bacp.co.uk/search/Therapists>

British Psychotherapy Foundation

Sessions in Intensive Psychoanalytic Psychotherapy or Jungian Analysis are offered by experienced trainees who are undertaking advanced training in psychotherapy. The fee ranges from £10 to £25 per session. These sessions take place 3 times weekly. Eligible patients are required to have a 2-year commitment.

Website link: [Low-fee intensive psychotherapy - The British Psychotherapy Foundation](#)

Alternatively, they also offer once weekly sessions, where eligible patients are required to have a 1 year commitment. The fee ranges from from £30 to £50 per session.

Website link: [Low-fee once weekly psychotherapy - The British Psychotherapy Foundation](#)

The service takes into account your particular financial circumstances in regards to each of these schemes.

You can enquire directly on their website or if you would prefer you can email: clinicalservices@bpf-psychotherapy.org.uk

Cassel Associates

Counselling, psychotherapy, couples and family counselling, and single-session therapy sessions at low cost. Fees are on a sliding scale meaning your income and circumstances will be considered when deciding a fee, and some discretionary discounted services are available



to adults in receipt of basic Universal Credit or who have a low income. To find out more complete the enquiry form linked below.

Website link: <https://www.casselassociates.org/to-make-a-referral>

Centre for Better Health

This service supports wellbeing by offering a holistic range of services in a non-clinical, community-based setting. Their low-cost counselling service aims to help individuals make sense of their difficult experiences, negative thoughts and feelings, and to make positive changes in their lives. They also offer low-cost movement and therapeutic groups ([Better Health Hub](#)) and courses to promote self-care and wellbeing.

[Better Health Training](#) offer 12-week, work-skills training placements for City and Hackney residents struggling with their mental health.

Website link: <https://www.centreforbetterhealth.org.uk/counselling>

The Free Psychotherapy Network

A list of therapists with registration with a professional body organised by geographical area offering free psychotherapy subject to availability. You can contact therapists directly via their contact details on the directory: <https://freepsychotherapynetwork.com/find-an-therapist/>

Alternatively you can have a look at the alternative options for people on low incomes here: <https://freepsychotherapynetwork.com/organisations-offering-low-cost-psychotherapy/>

The Guild of Psychotherapists

A reduced-fee clinic offering psychotherapy is offered to those aged 18 and older who live in Lambeth, Lewisham and Southwark. Initial consultations are £35 but sessions thereafter are offered on a sliding scale from £5. To arrange a first meeting you can email clinic@guildofpsychotherapists.org.uk or call **020 7401 3260**.

Website link: <https://guildofpsychotherapists.org.uk/psychotherapy/reduced-fee-clinic>

Institute of Psychoanalysis (IOP) – London Clinic of Psychoanalysis

This service offers consultations for 5x a week analysis at a reduced fee for those on a lower income. Those interested in booking a consultation can receive further information by emailing: clinic@iopa.org.uk.

Website link: <https://psychoanalysis.org.uk/clinic-services>

Minster Centre

A centre based in Queen's Park which offers in-person low cost psychotherapy. Initial consultations are £40 (if in employment) or £15 (if receiving benefits). Fees will be discussed



at the consultation but their basic guideline is £1 for every £1000 you earn. To learn more you can complete the [contact form](#) or call **020 7644 6240**.

Website link: <https://www.minstercentre.ac.uk/therapy/>

Nafsiyat

This service offers free short-term intercultural therapy, where individuals are matched with a therapist who might share your specific language or cultural background. If you wish to learn more you can call at: **020 7263 6947**, or send an email to admin@nafsiyat.org.uk.

Website link: <https://www.nafsiyat.org.uk/>

Solace Women's Aid

A counselling service for women and girls aged 16+ who are survivors of domestic abuse and/ or sexual violence. This can include physical, emotional, psychological, sexual, and financial abuse, coercive control, harassment, stalking, and other harmful practices such as forced marriage, honour-based violence and FGM (Female Genital Mutilation). The service offers 1-to-1 counselling, group work and specialist holistic therapies to support women in their recovery following a traumatic event. Their service is available across 21 London boroughs listed on their website: [Ascent Counselling - Solace Womens Aid](#)

If you live in one of the boroughs listed, you can contact the service by calling **0300 330 5479** or emailing counselling@solacewomensaid.org, to enquire about the waitlist, new referrals, and assessments

Website link: [Solace Therapeutic Services - Solace Womens Aid](#)

St Marylebone HCC

Psychotherapy services offered on a [sliding scale](#). Some individuals may also be able to receive psychotherapy through their bursary fund. To get in touch you can call: **020 7935 5066**, or email hcc@stmarylebone.org

Website link: <https://marylebone-hcc.org.uk/fee-scale-for-clients-26/>

Women + Health

A service aimed mostly at supporting women, although a men's drop-in service is available on Thursdays. They offer a short-term service of 6-12 sessions which is free to women registered with a Camden GP. They also offer a longer term service for up to 1 year. Session costs range from £15-£45 according to income/ circumstances. You can reach Women + Health by calling **020 7482 2786** or emailing connect@womenandhealth.org.uk

Website link: <https://www.womenandhealth.org.uk/>



Relationships & Couples Therapy

Relate

Online counselling which includes relationship counselling, family counselling, mediation, children's counselling, young people's counselling and Psychosexual therapy. Their counselling is offered on a sliding scale, meaning that the fee per session will take into consideration your income and circumstances. This service also works with notable charities who can help with funding. To find out if you are eligible, you can find full details using this link: [Free counselling through national partnerships | Relate](#)

Website link: <https://www.relate.org.uk/what-we-do>

Tavistock Relationships

This service offers relationship counselling both online and in person in Central London. They offer reduced fee consultations and sessions at £50, but if this is unmanageable you can call **0207 380 1960** to discuss their Low Fee service (availability for low fee appointments is limited). You can view available appointments on their [appointment schedule](#).

Website link: <https://tavistockrelationships.org/counselling-psychotherapy/our-fees>

Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services

Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**



NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: [Find NHS talking therapies for anxiety and depression - NHS](#)

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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Published March 2026
Planned review March 2027

