The ROYAL MARSDEN
NHS Foundation Trust

Accessing Support: Private/self-funded psychological therapy

If you have private health insurance cover or wish to pay directly for a consultation with a mental health professional, you may want to review the following information to identify the service that you feel best fits your needs.



There are also charities and non-profit services who offer private therapy, which can be low-cost but will be dependent on the area in which you live. You may wish to search for these yourself, or you can request from the psychological support team to be provided a document containing potential Low-Cost Therapy services that could be helpful to you.

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.

Cancer-specific:

Cancer Centre London

Cancer Centre London is a part of Nuffield Health. They offer a range of services regardless of whether you are insured. Their psychological therapy consists of counselling and psychotherapy, to individuals and their families or loved ones, and you can call **0208 247 3351** if you have any questions about their therapy service.

Website link: https://cancercentrelondon.co.uk/support-services/counselling/

One Therapy London

An organisation offering therapy for a range of different psychological concerns; they have clinics across central London and offer therapy online as well. They have appointments available seven days a week and mid-week evenings. Their cancer-focused therapists are described as having experience working in cancer-services or knowledge of cancer, cancer treatments and the emotional impact of cancer.

Website link: https://www.onetherapy.london/cancer-counselling-london/

Harley therapy

Harley Street based clinic offering a range of psychological therapies and psychiatry. Appointments available evenings and weekends.

Telephone: **020 8003 4179**

Website link: https://www.harleytherapy.co.uk/cancer-counselling-london.htm

Book online: https://www.harleytherapy.co.uk/book.htm

Cancer Counselling London

An organisation of specialist therapists offering counselling across London. They also offer online and telephone support to people further away. Their therapists are listed separately with their individual contact details, so you can contact therapists directly, or email the coordinator for more information.

Website link: https://cancercounsellinglondon.org.uk/

E-mail (Coordinator): mail@janefior.co.uk

Non-cancer specialist psychological therapy databases:

BABCP – British Association for Behavioural & Cognitive Psychotherapies

BABCP is the lead organisation for Cognitive Behavioural Therapy (CBT) in the UK. They accredit Cognitive Behavioural Psychotherapists who have met strict training and high standards.

Website link: https://babcp.com/CBTRegister

BACP – British Association for Counselling and Psychotherapy

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

BPS – British Psychological Society

Website link: https://www.bps.org.uk/find-psychologist

UKCP – UK council for psychotherapy

Website link: https://www.psychotherapy.org.uk/

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).

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