

**Counselling
Services**

**in
Manchester**

be heard



Adult Services

African & Caribbean Mental Health Service, Hulme **0161 226 9562**

Free services for adults of African and Caribbean heritage.

Care Concern **0161 796 0807**

Free bereavement and loss counselling.

Cheadle Hulme Centre, Cheadle Hulme **07809 432 719**

Low cost counselling for people who are unemployed or have a low disposable income.

Diversity Counselling Service, Pakistan Resource Centre **0161 434 7800**

Free services for over 18 members of BME communities who have experienced or witnessed crime.

Face to Face Counselling, Chorlton **0161 881 1535**

Adult and young people's (aged 9+) services, incl couple therapy. Adult service is exclusively for people on low income or without income. The service for children and young people is open to all income groups. Small donation (£4 - £10 / session).

Grace Incorporation Faith Trust, Windrush Centre **0161 636 7584**

A Christian charity that offers adult and young people's (aged 8+) services, priority given to young people and vulnerable adults.

Lesbian and Gay Foundation, central Manchester **Mon-Fri 9am-5pm: 0845 330 3030**

Offer counselling to all people regardless of their ability to pay and will agree a fee with you at your counselling assessment. Currently FREE for people under the age 25, people seeking asylum with no recourse to public monies, and to male survivors of sexual abuse, rape or domestic abuse.

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**

Mon-Fri 10am-4pm, Wed & Thurs 6pm-9pm: Helpline: 0161 273 4500

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

New Dawn Counselling Service, Wythenshawe **0161 998 6062**

Counselling services for adults. All the counsellors have Christian beliefs and recognise the unique value of each individual, and respect their right to have their own ideas. The service is open to clients with or without any religious or spiritual affiliation. The organisation welcomes contributions towards the costs of the service, minimum £2/session.

North and South Manchester Counselling Service **0765 987 9593**

For Manchester residents (over 18) at 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.

Manchester Mental Health and Social Care Trust- Gateway Team

NHS service for adults (over 16) with a Manchester GP.

09.00-19.00 **0161 882 2400** (citywide)

19.00- 21.00 **0161 720 2045** (North)

0161 276 536 (Central)

0161 277 1224 (South)

21.00-09.00 **0161 922 3801** (citywide)

Protem, based in South Manchester

0161 434 2224

Christian Trust offering counselling and groups. Fees on sliding scale.

Relate

0161 872 0303

Service for adults experiencing personal relationship problems. Young people's service for 5-10 year olds and 11-18 year olds who are suffering as a result of the breakdown of parents' relationship. Sliding scale for fee: min £20 / 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. Luke's Neighbourhood Centre, Longsight

0161 273 1538

Counselling service for adults.

St. Mary's Centre, Central Manchester

0161 276 6515

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

Self Help Services Counselling, Zion Centre

0161 226 3871

Free counselling service for adults.

Stockport Christian Counselling, Stockport & Gorton

0161 223 8622

Counselling service for adults with a satellite service in Gorton.

The Counselling and Family Centre, Altrincham

0161 941 7754

Adult, couples and young people's (aged 6+) services. Sliding scale for fee: from £10 / session if on benefits/low income: from £30 / session for working adults.

The Roby, Longsight

0161 257 2653

Free counselling service for adults, available in a range of community languages. Culturally sensitive services for South Asian Community.

University of Manchester Counselling Service

0161 275 2864

Free service only for University of Manchester students and staff.



Children & Young People Services

42nd Street, Central Manchester

Mon, Thu & Fri 2pm-5pm:

Helpline: 0161 228 1888

Free counselling and other services for 13- 25 years old. **Admin: 0161 228 7321**

Brook, Central Manchester

0161 237 3001

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

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

Gaddum Centre, Central Manchester

0161 834 6069

Free children's bereavement counselling for young people and their family members. Also offer palliative care and counselling for children and families who feel they need some extra support because a child has a life limiting condition or at any time after a child has died from such an illness.

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.

The Counselling and Family Centre - see above for more details

0161 941 7754

YASP, Levenshulme

0161 221 3054

Free services for 14-25 year olds.