

GREATER MANCHESTER NEUROLOGICAL ALLIANCE

DIRECTORY OF VOLUNTARY ORGANISATIONS PROVIDING COUNSELLING & SUPPORT SERVICES

Name	Contact Details	Opening Times	Service Description
1 to 1 Therapy	counsellingadmin@selfhelpservices.org.uk		<p>1 to 1 therapy encompasses a number of services including:</p> <p>Manchester Counselling Service: This service offers individuals (living in Manchester and/or registered with a Manchester GP) who require support/who are experiencing difficulties with 'life issues' such as: bereavement, relationship & family issues, abuse issues etc. up to 6 sessions of person centred counselling with a counselling practitioner. The Manchester Counselling Service is commissioned by NHS Manchester and operates from a variety of venues including Manchester GP surgeries.</p> <p>Please note that for those who would like support around dealing with depression, anxiety, low mood and stress, we would recommend our Computerised Cognitive Behaviour Therapy (cCBT) service rather than counselling. (Please see below for more details).</p>
42 nd Street	Beacon Centre, 20 Swan Street, Manchester, M4 5JW 01618320170	Mon-Fri 12.30 – 4.30pm Helpline: 01618320170 Admin: 0161 8320169	Mental Health Support for 14-25. Free counselling and other services.
ADS	87 Oldham Street, M4 1LW 0161 834 9777		Addiction Dependents with skills, resources and support. Speciality in substance misuse problems
African & Carribean Mental Health Service	Hulme 0161 226 9562		Free services for adult of African and Carribean heritage.

Age Concern	Commonweal 56 Wellington Street Stockport SK1 3AQ 01614801211		Free Counselling
Age Concern	Manchester 0161 833 3944		Free services for the over 60s and carers of over 60s. Sessions held at: Cross-acres Day Centre, Wythenshawe; Miles Platting Day Centre; Swan Street Offices in Manchester City Centre.
APNA	8 St. Georges Street, Bolton, Lancashire		Asian Counselling service
BASIC	554 Eccles New Road, Salford M5 5AP 0161 707 6441		We are a registered charity affiliated to the Neuroscience Centre at Hope Hospital. Our resource Centre offers patients and their families information and support. We specialise in supporting patients recovering from brain surgery and also offer a signposting service. By Appointment only – Counselling available (patients have to register first)
BCOM	Bolton Helpline 01204392919		Free Asian Counselling service, qualified counsellors. Speciality in traumatic experiences, drug/alcohol related issues, depression/anxiety, relationship difficulty, Bereavement, concerns about work, low self esteem. Referrals can be made via helpline by client and others. Hindi and Urdu Language counselling also available. Timings booked via helpline.
Beacon Counselling Service	The Bolton Hub, Bold Street, BL1 6AB Email: beaconcounselling@yahoo.co.uk Tel: 01204 546100		Free counselling service
Beacon Counselling	Stockport 0161 440 0055	Monday to Thursday 10 to 9:30. Friday 3 – 6pm	Speciality – relationship, family issues, depression, bereavement and loss, anxiety and stress. Referral accepted from everyone. Free but ask for a donation. Waiting list for assessment.
Body Positive Northwest	0161 882 2200 Helpline: 0161 882 2202		Free services for HIV+ people & family and friends.

Brook	Central Manchester 0161 237 3001		Free confidential sex advice, contraception and counselling for young people under 19. Counselling around any issue, not just sex and relationships.
Cabinda Community	52 Brydon Close, Salford, M6 5FB Phone: 07984303192 Email: cabinda.community@yahoo.co.uk	Alternate Weds 12.30-1.30	To provide assistance to the people of Cabinda and improve the living conditions and opportunities for refugees and asylum seekers who are settled or seeming to settle in the UK, through the provision of information, advice & guidance, support, counselling, advocacy, translation and interpretations. We also promote training and build confidence to help people get into work.
<p>cCBT Services (Computerised Cognitive Behavioural Therapy)</p> <p>There are currently cCBT services in the following areas:</p> <p>Manchester Salford Stockport Trafford Trafford at Home - NEW* Oldham</p>	<p>0161 226 3871 enquires@selfhelpservices.org.uk</p> <p>To find our more information of all the areas mentioned please contact the info below.</p> <p>Tel: 0161 226 3871 Fax: 0161 226 1096 Email: admin@selfhelpservices.org.uk</p> <p>The computer programmes employed include 'Beating the Blues', 'Living life to the Full' and 'Fear Fighter', based on the principles of Cognitive Behavioural Therapy. Individuals accessing these courses will be provided with guidance and assistance by our highly skilled staff and volunteer team.</p>	<p>You can be referred by your GP, health worker, or self refer yourself.</p>	<p>Self Help Services offers a range of supported computerised therapy courses.</p> <p>Manchester - This service offers computerised Cognitive Behavioural Therapy (Beating the Blues) to people affected by depression and/or anxiety who have GPs in Manchester</p> <p>Salford cCBT service - This service offers computerised Cognitive Behavioural Therapy (Beating the Blues and livinglifetothefull.com) to people affected by depression and/or anxiety in the Salford area.</p> <p>Stockport cCBT service - This service offers computerised Cognitive Behavioural Therapy (Beating the Blues) to people affected by depression and/or anxiety in the Stockport area.</p> <p>Trafford cCBT service - This service offers computerised Cognitive Behavioural Therapy (Beating the Blues) to people affected by depression and/or anxiety in Trafford.</p> <p>Trafford at Home cCBT service - This service offers computerised Cognitive Behavioural Therapy (Living Life to the Full interactive) to people affected by depression and/or anxiety in the Trafford area.</p> <p>Oldham cCBT Service - This service offers computerised Cognitive Behavioural Therapy (Beating the Blues and FearFighter) to people affected by depression and/or anxiety in the Oldham area.</p>

Care Concern	85, Middleton Road, Crumpsall, Manchester, M8 4JY 0161 796 0807	Mon-Fri 9.00am-5.00pm	Care Concern is a voluntary service run for people of all religions and ethnicity by the League of Jewish Women. The service provides Bereavement & Loss Counselling. Clients present problems relating to bereavement, divorce, job loss and many more issues. Free bereavement and Counselling for adults and young people.
Cheadle Hulme Centre	Cheadle Hulme Centre Cheadle Hulme 07593858467		Free counselling for people with long term illnesses, family members and their carers
Christian Counselling	The Town House, Hope Terrace, Stockport, SK3 9DU 0161 428 7388	Drop in Monday 1 – 3	By phone for an appointment or drop in
Creative Living Centre	Behind TGI Fridays, Bury New Road, Prestwich, Manchester, M25 9BL Phone: 0161 772 3524 Email: creativelivingcentre@hotmail.com		Mental health charity, supporting people with mental or emotional distress. Register to access counselling services. It is free, but donation is requested. 1 Counsellor qualified and 2 trainees. There is a waiting list however length of time is unknown. Open Referral. No such speciality wide range covered because services are geared towards people with mental or emotional distress
Cruse Bereavement Care	0161 236 8103		Free Bereavement and Loss counselling for adults and young people.
Eclipse	Central Manchester 0161 273 6686		Free Drug & Alcohol counselling for young people up to the age of 19.

Face to Face Counselling Service	St Clements Church, St Clements Road, Chorlton-cum-Hardy, Manchester, M21 9AE 0161 881 1535 Email: info@facetofacecounselling.org.uk Website: http://www.facetofacecounselling.org.uk	All days/times to suit	To provide counselling service to adults on low income and a counselling service for children and young people. Free Service, waiting list is long. Adult and young people's (age 9 +) services, incl couple therapy. Small donation (£3-£10)/session.
Family Contact Line	Altrincham 0161 941 7754 Helpline: 0845 120 3788		Adult and young people's (age 10 +) services Minimum fee £5/session. Counselling on issues of an emotional nature, eg relationship difficulties.
Gaddum Centre	Central Manchester 0161 834 6069		Free Bereavement and Loss counselling.
Grace Incorporation Faith Trust	Windrush Centre 0161 636 7584		Free adult and young people's (age 8 +) services, priority given to young people & vulnerable adults.
Lesbian & Gay Foundation	Central Manchester 0161 235 8035 (9-5pm) 0845 330 3030 (6-10pm)	9 – 5pm 6 – 10pm	Counselling on a range of issues. Sliding scale fee system (min £5).

Listening People	Phone: 0161 789 3112 Helpline: 0161 279 1951	Monday to Sunday AMs	Listening people is a voluntary counselling organisation working in the Salford area, offering a free, confidential counselling service for all, with equality of access, regardless of race, gender or culture. One to one depending on venue availability. 16 counsellors (qualified in various specialities) Referrals can be made by the person or others on behalf of him/her. There is a very short waiting list all depending on the amount of customers
Manchester Metropolitan University Counselling Service	Manchester Metropolitan University 0161 247 3493		Free service for Manchester Metropolitan University Students.
Manchester Rape Crisis	Central Manchester 0161 273 4591 10am – 4pm Helpline 0845 120 3788 Wed – Thurs 6pm – 9pm, Fri 2-5pm	Mon-Fri 10am – 4pm Wed – Thurs 6pm – 9pm Fri 2-5pm	Free confidential services run by women for women and girls who have been raped or sexually abused.
MhIST	30 Chorley New Road, Bolton, BL1 4AP, 01204 527200		Free counselling, referrals by GPs and mental health care workers only, Qualified 13 counsellors, no waiting list work on availability.
New Dawn Counselling	Wythenshawe 0161 962 8100		Counselling Services for adults. The service is open to clients with or without any religious or spiritual affiliation. The organisation welcomes contributions towards the costs of the service.
North Manchester Primary Care Mental Health Team	0161 231 0017		Free self referral counselling service for adults (age 16 +) with a North Manchester GP.
North & South Manchester Counselling Service	0765 987 9593		Counselling for Manchester residents (over 18) at the Woodville Resource Centre, Cheetham Hill and Burnage Community and Healthcare Centre. Free to people on low income. Donation requested from people who can afford them.

Protem	0161 434 2224		Christian Trust offering counselling. Free to people on low income. The organisation welcomes contributions towards the costs of the service on a sliding scale according to income.
Relate	0161 872 0303		Counselling service for adults experiencing problems with their personal relationships. Includes sex therapy, family counselling and counselling for young people age 10-25 who are suffering as a result of the breakdown of parent's relationship. Sliding scale for free: min £15/session (£20/evening session).
Respect for All Counselling	07902 223 743		Free self referral for people with: severe to mild learning disabilities, or diagnosed on Autism Spectrum, incl. Aspergers's, Also parents, carers and relatives. At a time and place to suit service user.
Self help Services Counselling	Zion Centre 0161 226 3871		Free counselling services for adults.
Saint Luke's Church	Bolton 01204848656	Monday & Tuesday 10 – 3, Thursday & Friday 10 – 1	Free counselling service at drop in sessions
South Asian Counselling Service	Pakistani Resources Centre 0161 237 1125		Free service for over 18s for of South Asian heritage includes: counselling and emotional and practical support to individuals experiencing mental ill health, their carers and families.
St Mary's Centre	Central Manchester 0161 276 6515		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.
Stockport Christian Counselling	Stockport & Gorton 0161 223 8622		Free counselling service for adults with a satellite service of Gorton.
Support 4 Progress	Moss Side 0161 868 0962		Group Support and Counselling for BME young people.

The Roby	Longsight 0161 273 4844		Free Counselling service for adults. Culturally sensitive services for South Asian community.
Trafford Carer's Centre	13 Warwick Road Old Trafford Manchester M16 0QX 0161 848 2400		Trainee Counsellors, Waiting list 6 months long
University of Manchester Counselling Services	0161 275 2884		Free service for University of Manchester students & Staff.
YASP	Levenshulme 0161 212 3054		Free service for 14-25 years olds.
Youth Service Counselling	Longsight, Moston & Wythenshawe Youth Centres. 0161 273 7588		Free for 13-19 years olds available.

We have collated this information from a variety of sources, but are unable to say how accurate or up-to-date it is, for further information please contact the organisation concerned but we would be pleased to receive any amendments or additions.