**Counselling Services**

**York MIND general counselling**

[www.yorkmind.org.uk/how-we-help/counselling/counselling-adults/](http://www.yorkmind.org.uk/how-we-help/counselling/counselling-adults/)

Tel: 01904 643364

Currently closed- keep checking website for reopening

**Kyra Women’s Project**

<https://www.kyra.org.uk/our-activities/counselling/>

Email: [contact@kyra.org.uk](mailto:contact@kyra.org.uk) | Tel: 01904 632332

Currently closed- keep checking website for reopening

**York Women’s Counselling**

[www.yorkwomenscounselling.org](http://www.yorkwomenscounselling.org)

Email: [yorkwomens@outlook.com](mailto:yorkwomens@outlook.com) | Tel: 01904 652706

**1-2-1 Counselling (St Saviourgate)**

<http://121counsellingyork.org>| Tel: 07587 155 678

**Spurriergate**

[www.spurriergate.com/counselling.html](http://www.spurriergate.com/counselling.html)

Email: [counselling@thespurriergatecentre.com](mailto:counselling@thespurriergatecentre.com) | Tel: 0784 7181154

**York St John University Counselling and Mental Health Clinic**

[www.yorksj.ac.uk/schools/psychological--social-sciences/research/counselling-and-mental-health-clinic/](http://www.yorksj.ac.uk/schools/psychological--social-sciences/research/counselling-and-mental-health-clinic/)

Email: CMHC@yorksj.ac.uk | Tel: 01904 876072.

**Mainstay Counselling (mental health)**

[www.mainstayuk.org/counselling](http://www.mainstayuk.org/counselling)

Email: [ljamesmainstay@yahoo.co.uk](mailto:ljamesmainstay@yahoo.co.uk) | Tel: 07823 322993

**Qwell**

[www.qwell.io](http://www.qwell.io)

Online emotional wellbeing and mental health support.

**NHS Services**

Self refer to improving access to psychological therapies (IAPT) service

<https://yorkandselbyiapt.co.uk/>| Tel. 01904 556840

Website for self help, including specific carer support

<https://www.moodjuice.scot.nhs.uk/>

**Private**

**Serendipity**

[www.serendipityyork.co.uk](http://www.serendipityyork.co.uk)

Email: [info@serendipityyork.co.uk](mailto:info@serendipityyork.co.uk) | Tel: 07403 307 294

British Association for Counselling and Psychotherapy directory of counsellors.

[www.bacp.co.uk/about-therapy/we-can-help/](http://www.bacp.co.uk/about-therapy/we-can-help/)

<https://www.counselling-directory.org.uk/>

**Bereavement Counselling**

**York & North York’s Cruse**

[www.cruse.org.uk/](http://www.cruse.org.uk/) | Tel: 01904 481162

or Cruse Freephone National Helpline 0808 808 1677

**St Leonards Hospice**

[www.stleonardshospice.org.uk/Patients/Bereavement-Support](http://www.stleonardshospice.org.uk/Patients/Bereavement-Support)

Email: [enquiries@stleonardshospice.org.uk](mailto:enquiries@stleonardshospice.org.uk) | Tel: 01904 708553

Service is open to all