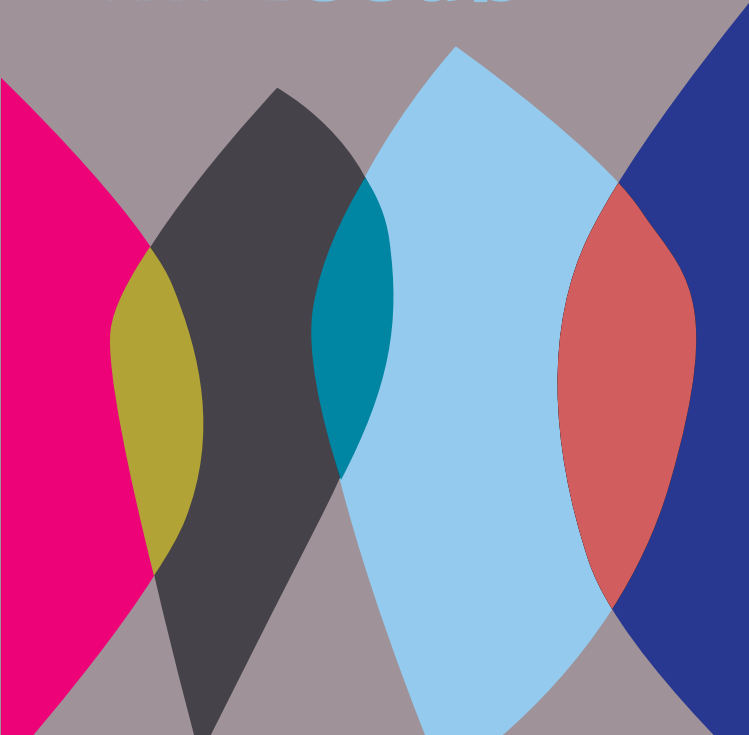




Alliance of Counselling Agencies

**voluntary
sector
counselling
services
in Leeds**



voluntary sector counselling services in Leeds

Do you need to talk to someone about your problems? Are you thinking about counselling?

There might be a service to suit you run by a voluntary sector organisation in Leeds. This leaflet tells you how to get in touch with them.

Voluntary sector organisations are independent, usually registered charities, providing high quality services for people who need them. They are not part of the NHS or local authority, so you can contact them directly yourself; you don't need to be referred by a doctor or other health worker.

Counselling helps you to look at problems you are facing. You are encouraged to talk about the feelings you have about yourself and your situation, and a counsellor helps you find ways to tackle them. All counsellors working in the services in this leaflet are trained and regularly supervised. They work to standards set out by their professional associations, and are qualified or working towards a qualification.

You might have to wait before you can get to see a counsellor, and waiting times will vary. Contact the organisation to find out about this, or any other information about their service.

Counselling might also be available on the NHS; you can find out more from your GP. And there are counsellors who work in private businesses – you'll find them in the phone book, or on the website of the British Association for Counselling and Psychotherapy: www.bacp.co.uk. However, waiting lists might be longer and costs higher than for voluntary sector counselling.

For more information about mental health services in Leeds, including counselling, go to the Information for Mental Health website: www.mentalhealthleeds.info

This booklet has been produced by Volition, the voluntary sector mental health network in Leeds:
www.volition.org.uk

 0113 274 9585

 info@volition.org.uk

It is available in large print, Braille and audio formats.



volition

The voice of Leeds mental
health voluntary sector

Archway

-  95 Roundhay Road, Leeds LS8 5AQ
-  0113 383 3900
(voicemail messages 0113 383 3915)
-  verinai@archway-leeds.org.uk
-  www.archway-leeds.org.uk
-  0113 383 3909

For young people aged 16–25.

Free.

Number of sessions: short and longer term counselling.

Ramped access at back of building, counselling room on ground floor.

Accessible toilet. Induction loop.

BARCA-Leeds Reaching Out

-  277 Upper Town Street, Bramley, Leeds LS13 3JT
-  0113 220 9037
-  bev@barca-leeds.org

For men 18+ and young men and women aged 12–18.

Free.

Number of sessions: up to 24, possibility of more if needed.

Therapeutic approach: various including person centred, transactional analysis and relational.

Areas of special expertise: young people, relationships, domestic violence and sexual abuse.

Accessible venues available.

Black Health Initiative

-  Unit 10 Chapeltown Enterprise Centre, 231 – 235 Chapeltown Road, Leeds LS7 3DX
-  0113 307 0300
-  sderrick@bhileeds.org.uk
-  www.bcathealthinitiative.co.uk
-  0113 307 0700

For African, African Caribbean and Dual Heritage communities.

Free to young people and sliding scale for adult and family counselling.

Areas of special expertise: group and family therapy.

Number of sessions: 8.

Therapeutic approach: person centred.

Areas of special expertise: family therapy.

Some venues are fully accessible.

Cruse Bereavement Care

✉ Centenary House, North Street, Leeds LS2 8AY

☎ 0113 234 4150

✉ cruse@bcare.fsnet.co.uk

For bereaved adults.

Free.

Number of sessions: short – medium term support.

Therapeutic approach: person centred.

Level access, accessible toilet.

East Leeds Counselling Service

✉ 41–47 Cromwell Mount, Lincoln Green, Leeds LS9 7ST

☎ Mobile: 0784 655 7060

✉ richard.gale@eastleedshealth.org.uk

☎ 0113 248 4880

For people 18+ living in east Leeds.

Free to those on a low income. £5–£20 per session for waged.

Number of sessions: short, medium and long term counselling.

Therapeutic approach: person centred.

Level or ramped access, accessible toilet.

Leeds Counselling

✉ Leeds Bridge House, Hunslet Road, Leeds LS10 1JN

☎ 0113 245 0303

✉ info@leedscounselling.org.uk

🌐 www.leedscounselling.org.uk

For people 18 +.

Fees set according to client income. Minimum fee is £11 per session.

Number of sessions: weekly for maximum of 2 years.

Therapeutic approach: various, including CBT skills, within a broad psychodynamic framework.

Almost level entrance, lift to counselling rooms.

Leeds Mind Counselling and Therapy Service

 Grove Villa, 82 Cardigan Road, Leeds LS6 3BJ

 0113 230 7673

 cats@leedsmind.org.uk

 www.leedsmind.org.uk

 0113 230 7621

For people 18+.

Cost depends on income.

Number of sessions: short, medium and long-term counselling.

Therapeutic approach: various.

Ramped access. Small lift to counselling rooms. Accessible toilet.

Induction loop. Usually on-site parking.

Listening Ear

 Women's Health Matters, Bridge House, Balm Road, Leeds LS10 2TP

 0113 276 2851

 listeningear@womenshealthmatters.org

 0113 201 6040

For women 18+ in west Leeds (LS12, LS13, LS28)

Free.

Number of sessions: 26.


Therapeutic approach: person centred, integrative.

Areas of special expertise: childhood abuse, depression, domestic violence. All therapists are women.

Accessible venues in Armley, New Farnley, Pudsey and Bramley.

5 venues ramped or level with accessible toilets. One venue (Bramley) has 4 steps into building and counselling room is on first floor.

Person to Person

 Oxford Place Centre, Oxford Place, Leeds LS1 3AX

 0113 242 5254

 op.deacon@btconnect.com

 www.oxfordplace.org.uk

A drop in listening service for anyone who is worried, anxious or distressed and wishes to speak to someone in confidence.

Free.

Therapeutic approach: not a professional counselling organisation, but all volunteers have experience in listening roles.

Ramped access, rooms on ground floor. Accessible toilet.

Relate Leeds

 The Gallery, Oxford Chambers, Oxford Place, Leeds LS1 3AX

 0113 245 2595

 info@relate.org.uk

 www.relateleeds.org.uk

 0113 242 0049

For individuals, couples, families, same sex couples, young people

Ask about costs, a small bursary is available for those who cannot afford the full cost.

Number of sessions: negotiated with counsellor.

Therapeutic approach: integrative and CBT for sex therapy.

Areas of special expertise: relationship counselling and sex therapy.

Steps into building, wheelchair lift available. Lift to second floor, then wheelchair lift to gallery: ring in advance. Accessible toilet.

St Vincent's Support Centre

 Berking Avenue, York Road, Leeds LS9 9LF

 0113 248 4126

 shaista.rashid@stvincents-svp.org.uk

 www.stvincents-svp.org.uk

 0113 248 7698

For people 19+.

Low cost, negotiable rates.

Number of sessions: short and long term.

Therapeutic approach: person centred, integrative including CBT.

Two steps into building then 5–6 additional steps. Lift available. Accessible toilet.

Solace

 Suites 2 & 3, Bank House, 150, Roundhay Road, Leeds LS8 5LJ

 0113 249 1437

 info@solace-uk.org.uk

 www.solace-uk.org.uk

 0113 249 1765

For asylum seekers and refugees.

Free.

Number of sessions: 12 minimum.

Therapeutic approach: various.

Areas of special expertise: use interpreters for non-English speakers.

Level access, lift, accessible toilet.

The Market Place

 c/o St Peter's House, Kirkgate, Leeds LS2 7DJ

 0113 246 1659

 counselling.themarketplace@virgin.net

 www.themarketplaceleeds.org.uk

For young people aged 13–23.

Free.

Number of sessions: Up to 12 months at a time.

Therapeutic approach: young person centred.

One step into building, several flights of stairs to counselling rooms.

Women's Counselling and Therapy Service

 Oxford Chambers, Oxford Place, Leeds LS1 3AX

 0113 245 5725

 info@womenstherapyleeds.org.uk

 www.womenstherapyleeds.org.uk

 0113 242 9148

For women 18+ who pay council tax to Leeds.

Donation requested – guideline £2 per session.

Number of sessions: up to 2 years.

Therapeutic approach: broadly psychodynamic.

Areas of special expertise: women with moderate to severe mental health difficulties; group therapy; working with trauma, including sexual abuse.

Steps into building, wheelchair lift available. Lift to second floor.

Steep stairs from second to third floor, wheelchair lift available.

Group therapy room on second floor, lift available. Accessible toilet.

Yorkshire Mesmac

 P.O Box 417, Leeds LS1 5PN

 07771 931327

 counselling@mesmac.co.uk

 www.mesmac.co.uk

For gay men, bisexual men, men who have sex with men, female partners of men who are attracted to men.

Free, dependent on income.

Number of sessions: short term, depends on income.

Therapeutic approach: various.

Areas of special expertise: sexuality, sexual health.

Accessible venues available. Counsellor using BSL available.