**Edinburgh Counselling Agencies List**

**Maintained by** [**The Whole Works**](http://thewholeworks.co.uk)

Address

The Whole Works, Jackson Close, 209 Royal Mile, Edinburgh, EH1 1PZ

Telephone

0131 225 8092

Email

enquiries@thewholeworks.co.uk

**Introduction**

The Edinburgh Counselling Agencies list exists to make the process of finding suitable counselling support easier and less stressful. It can help people find counselling appropriate to their needs, their locality as well as what they can afford. The list also highlights the likely time that someone might be expected to wait until they can be seen. It also lists a contact name at each respective agency. Please send us feedback about any information that is out of date, or any suggestions to make it more helpful.

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| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| 24hr Crisis Centre | Tel: 0808 8010414 text: 07974429075<http://www.edinburghcrisiscentre.org.uk/>  | A crisis centre for people aged 16 and over resident in Edinburgh |  |  |  |  |
| Action for Children | 17/18 London RoadEdinburghEH7 5AYTel: 0131 466 4600Fax: 0131 466 4604Email: hype@actionforchildren.org.uk <http://www.actionforchildren.org.uk/>  | Supporting young people experiencing difficulties with drugs, alcohol or volatile substance use.18 or under in/from Edinburgh. Self referral or by parent/friend/worker.One-to-one and family counselling & support. | Free  | No | None | Paula Gaunt-Richardson |
| Arkordia Counselling and Psychotherapy Service | Based at South Side Centre86 CausewaysideEdinburghEH9 1PYTel: 0131 221 1550Email: mail@arkordia.org <http://www.arkordia.org/>  | Counselling: Gestalt, Person centred, Transpersonal, Psychodynamic, Psychodrama, Art Therapy and other creative therapies | Negotiated from £5 upwards per session to make the service available to those on a very low income. | We see disabled clients elsewhere by arrangement. | Approx 4 months. Please enquire at arkordia | Eric Taylor |
| Birthlink Adoption Counselling Centre | 21 Castle StreetEdinburghEH2 3DNTel: 0131 225 6441Email: mail@birthlink.org.uk  | After Adoption services.Counselling & "Birthlink", the Adoption Contact Register for Scotland | Contact Reg. £20 If not on benefits £NIL If on benefits First counselling appt: £25/hr Court process search: £30 Mediation: £40 Search of Public Records: £85 (Abroad £100)  | No | No waiting list for counselling. 3-4 month waiting list for search | Coordinator: Kate McDougallSocial Workers:Jennifer BrysonSally LynchHazel Dorey |
| Caledonia Youth | 5 Castle TerraceEdinburgh EH1 2DPTel: 0131-2293596Email: information@caledoniayouth.org <http://www.caledoniayouth.org/>  | Sexual Health and Relationship Counselling and one-to-one support for young people up to the age of 25, individuals and couples. | Free | No | Initial Assessment as soon as possible. Availability depending on client waiting list. | Joyce Guild |
| CAMHS (Child & Adolescent Mental Health Service) | Royal Edinburgh HospitalTipperlinn RoadEdinburghEH10 5HFTel: 537 6364Fax: 537 6102 | CAMHS provides psychological, medical and psychosocial assessment and treatment for children and young people with mental health problems. CAMHS aims to promote health and well-being and to prevent relapse by offering a range of individual, family and group approaches. CAMHS teams also offer professional consultation services.The Child and Adolescent Mental Health outpatient sector teams cover North Edinburgh(537 6364), South Edinburgh (536 0534), Midlothian and East Lothian and West Lothian) based on GP locality. The five sector teams have different bases. CAMHS outpatient teams are multi-disciplinary health teams for children and young people up to the age of 18 Years.Referrals usually come from general practitioners, health visitors, social workers or from schools GP. (this service does not accept self-referral) | Free | Yes | Possible waiting list | Reception |
| Connect-ed | Connect-edc/oLGBT Centre for Health and Wellbeing9 Howe Street.EdinburghEH3 6TETel: 07906 178 220Email: admin@lgbthealth.org.uk  | Lesbian and bisexual counsellors providing a service for women - lesbian, bi-sexual and transgender. For individuals, couples and groups.Training and awareness building offered. | No set rates. Payment on a sliding scale | Can be arranged | No | Phone and leave message.Message service checked regularly |
| Contact Counselling | Counsellors across the city of EdinburghTel: 0131 466 4597Email: enquiries@contactcounselling.co.uk <http://www.contactcounselling.co.uk/>  | One-to-one counsellingChildren and Young People's CounsellingFamily CounsellingPost Natal Depression Counselling | Depending on income, from £25 - £35 per 60 minute session, Students and Trainee Counsellors £25 | No | Fast Response Appointment within 7 days. Ongoing Counselling Immediate. | Roslin Brown |
| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| Couple Counselling Lothian | 9a Dundas StreetEdinburghEH3 6QGTel: 0131 556 1527Fax: 0131 558 9526Email: jsymon@cclothian.org.uk <http://www.cclothian.org.uk/>  | Relationship/Marriage/Sex Counselling.Family therapy, young people's therapy (4-18)9-9pm Mon-Thurs9-4pm Friday10-1pm Saturday | Contributions negociable in line with Income. | Not at Dundas St.Access at: Livingston, Sighthill, Dalkeith, and Tranent | Dependant on client availability | Jane Symon |
| Crew 2000 | 32 Cockburn Street,EdinburghEH1 1PBTel: 0131 220 3404Email: admin@crew2000.org.uk <http://www.crew2000.org.uk/contact.html>  | Drug Counselling | Free | No | Immediate assessment then 2-4 week waiting time | Reception |
| Crossreach Counselling: Lothians | Wallace House3 Boswell RoadEdinburghEH5 3RJTel: 0131 552 8901Email: ccl@crossreach.org.uk <http://www.crossreach.org.uk/>  | Generic Counselling for children and adults (excluding addictions)Opening Hours:Tues: 9-5Wed: 12-8Thurs: 12-8 | Contributions encouraged/negotiable in line with income Fast track service available - £40 per session  | Call to arrange in advance | Initial Assessment within 2-3 weeks, possible wait of 2-6 weeks for ongoing counselling | Mairi Norman |
| Cruse Bereavement Care Scotland | 3 Rutland SquareEdinburghEH1 2ASTel: 0845 600 2227 Email: edinburgh@crusescotland.org.uk <http://www.crusebereavementcare.org.uk/>  | Bereavement counselling | Contributions encouraged | No access, but can arrange home visits | Dependant on waiting list | Lynda Keay |
| Dean Terrace Centre Family Planning And Well Woman Services | 18 Dean TerraceEdinburghEH4 1NLTel: 0131 332 7941 / 0131 343 6243 | Friendly & confidential advice for men and women of all ages on: contraception, morning-after pill, vasectomy, menopause, pregnancy testing & well woman screening.Counselling available for sterilisation, relationship problems and unwanted pregnancy.  | Free | No | Appointment within a few days/week | Reception |
| Edinburgh And Lothian Council on Alcohol | 6 Clifton TerraceEdinburghEH12 5DRTel: 0131 337 8188Email: elca@btconnect.com  | One-to-one counselling for people concerned about their alcohol intake or another's use of alcohol. | Free. Donations welcomed. | No. One flight of stairs. | 4-6 weeks | Reception |
| Edinburgh Gestalt Institute | 51 Lothian RoadEdinburghEH1 2DJTel: 0131 228 3841Email: info@egi.uk.com <http://www.egi.uk.com/>  | Gestalt Psychotherapy, counselling and supervision. | Variable according to practitioner. £40/£50 per hour. Some reduced rate therapy offered. | No | No | Institute Coordinator: Neil Wykesneil.wykes@egi.uk.com |
| Edinburgh Institute for Counselling and Psychotherapy | 86 CausewaysideEdinburghEH9 1PYTel: 0131 667 5251Email: enquiries@eicp.org <http://www.eicp.org/>  | Individual and couple counselling.Psychotherapy for individuals.Therapy groups.Low cost counselling available. | £45 - £55 Full cost. £18 - £25 Low cost scheme. | No disabled access at present. Clients can be seen at other places. | No waiting list. Fairly flexible appointment times (evening/weekend appointments possible) | Admin |
| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| Edinburgh Women's Aid | 4 Cheyne StreetEdinburghEH4 1JBTel: 0131 315 8110Fax: 0131 343 2426Email: info@edinwomensaid.co.uk  | No Counselling but listening and Information Service | Free | Yes | Drop-in service. | Michele Corcoran (Project Manager) |
| Gay Men's Health | 10 Union StreetEdinburghEH1 3LUTel: 0131 558 9444Fax: 0131 558 9060Email: counselling@gmh.org.uk <http://www.gmh.org.uk/about/home.html>  | Individuals and couples therapy for gay and bisexual men on any issue.Short and long term. | Free / By donation | Yes | No waiting time for initial assessment. Appointment thereafter within 3 to 4 weeks. | Fiona Macaulay (Counselling Manager) |
| Ginger-Bread | 117-119 FountainbridgeEdinburghEH3 9QGTel: 0131 478 1391 / 07825 925 846Email: gingerbread@wwmail.co.uk  | Lone Parent Families.No counselling but listening and information service. | Free | No.Can use local club if available for disabled access. | None | Carol Anne Janice |
| GP Plus Counselling For All | 1 Wemyss PlaceEdinburghEH3 6DHTel: 0845 119 6049Fax: 0845 119 6050Email: christina.raeburn@counsellingforall.co.uk <http://www.counsellingforall.co.uk/>  | Private GP, Counselling | £60 per session | Yes | Same day appointments Mon - Fri 8.30am - 7pm | Christina Raeburn |
| Health All Round | 24 Westfield AvenueEdinburgEH11 2QHTel: 0131 337 1376Email: info@healthallround.org.uk <http://www.healthallround.org.uk/>  | Drop-in/self-referral for short term counselling.Gorgie/Dalry and wide surrounding area.Open: Mon 10-12; Wed 10-2; Thurs 12-2 | Donation only. | Yes | 10-12 weeks or register at the drop in centre for waiting list. | Catriona Windle (Project co-ordinator) |
| Health in Mind (previously known as the Edinburgh Association for Mental Health)  | 40 Shandwick PlaceEdinburghEH2 4RTTel: 0131 225 8508Fax: 0131 220 0028Email: contactus@health-in-mind.org.uk <http://www.health-in-mind.org.uk/>  | Counselling for people who have been sexually abused in childhood.Support TeamInfo Service at Drop in Centre.Befriending Service.Men in mind- Minority ethnic men.Group Project- pathway for people in recovery.Guided short term Self Help prog. Also using CBT. | Free; Contributions requested Full cost for other services: £40 per session  | No, but alternative arrangements can be made. | Variable, depending on demand | Debra Pickering |
| Hope Park Counselling centre | 8 Hope Park SquareMeadow LaneEdinburghEH8 9NWTel: 0131 650 6696Email: counselling@hopepark.org <http://www.hopepark.org.uk/>  | Individual and Couple Counselling for Adults in Edinburgh | Contribution only of between £1 - £20 | Limited | usually no waiting list | Kathy McMillan |
| Lifeline Scotland | 24A Haddington PlaceEdinburghEH7 4HFTel: 0131 557 2060Email: info@lifelinescotland.org.uk <http://www.lifelinescotland.org.uk/>  | Counselling for Pregnancy, Miscarriage, Termination and Fertility | Free | No | 2 weeks | Trish Barry |
| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| Lothian Centre for Inclusive Living (LCIL)  | Norton Park Centre57 Albion RoadEdinburghEH7 5QYTel: Freephone: “Your Call” 0808 801 0362 Tel (coordinator): 0131 475 2320 Fax: 0131 475 2392Email: ian.fuller@lothiancil.org.uk <http://www.lothiancil.org.uk/>  | LCIL manages “Your Call”, a national telephone counselling service for disabled people in Scotland. The service is staffed by professionally trained and qualified disabled counsellors. | Contributions accepted | Yes | Variable | Ian Fuller (Co-ordinator) |
| Midlothian Young People’s Advice Service (MYPAS) | Tolbooth Hall176 High StreetDalkeithEH22 1AYTel: 0131 454 0757Email: enquiries@mypas.co.uk <http://www.mypas.co.uk/home>  | Generic counselling and Art Therapy within Midlothian for young people ages 12-18; Self-referral or by agreement with young person. | Free | Call to arrange in advance. | 12-20 weeks All new referrals offered initial meeting within 2 weeks. | James Kelly (Head of Therapies) |
| North East Edinburgh Counselling Service | 31 Haddington PlaceEdinburghEH7 4AGTel: 0131 557 4478Email: neecscounselling@btconnect.com <http://www.neecscounselling.org.uk/>  | Adults resident in North East Edinburgh area. Self-referral. General counselling service. | Sessions provided by individually agreed voluntary contribution or free of charge as required | Call to arrange in advance | See website for current waiting times.  | Fiona McRae (Manager) Mairi Norman (Admin) |
| One Parent Families Scotland | 13 Gayfield SquareEdinburghEH1 3NXTel: 0131 556 3899 Freephone:08088010323Email: alicemacalister@opfs.org.uk <http://www.opfs.org.uk/>  | No funding for CounsellingOffer a listening service for Lone Parent Families | Free | N/A | None | Susan Rew |
| PF Counselling Service | 8 Balcarres Street,EdinburghEH10 5JBTel: 0131 447 0876Fax: 0131 447 9616Email: info@pfcounselling.org.uk <http://www.pfcounselling.org.uk/>  | General.Individuals and couples over the age of 18. | No set fee. Contribution negotiated and encouraged based on what client genuinely can afford. | Yes | For daytime, first appt within 6 - 10 weeks then wait of 3 - 4 weeks for regular counselling. Evening appts waiting list can be up to 8-10 weeks for regular appts | Alison Hampton |
| Pilton Community Health Project | 73 Boswall ParkwayEdinburgh EH5 2PWTel: 551 1671 Fax: 551 1677Email: admin@pchp.org.uk <http://www.pchp.org.uk/>  | Counselling for adults resident in Greater Pilton.Self-referral, free crèche. Counselling for students at Broughton and CraigroystonHigh Schools. | Free | Yes | Contact PCHP for approx waiting list times  | Jen Richards-Project ManagerShona McGregor |
| Postnatal Depression Services | Main Office:Wallace House3 Boswell RoadEdinburghEH5 3RJPND Centres also at: Palmerston Place, East EdinburghTel: 538 7288Email: pnd@crossreach.org.uk  | Counselling & support for families with a baby under 2 years of age where a parent suffers from Postnatal Depression.Services include:Individual, Group & Couples Counselling.Art Therapy.Family Therapy.Infant Massage.Fathers Groups.Telephone Support.With crèche facilities at all locations | Sliding scale with £10 min charge. NB. No one will be turned away due to inability to contribute.  | Yes | Initial assessment, usually within 2 weeks. Group places frequently available. Waiting List for individual counselling, 6-8 weeks depending on requirement.  | Tessa Haring(Manager)Joyce Linklater(Deputy Manager) |
| Royal Edinburgh Hospital Emergency Team | Royal Edinburgh HospitalTipperlinn RoadEdinburghEH10 5HFTel: 0131 537 6000 |  |  |  |  |  |
| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| Saheliya | 125 McDonald Road,Edinburgh EH7 4NWTel: 556 9302Fax: 556 9302Email: info@saheliya.co.uk <http://www.saheliya.org.uk/>  | Community based project for black/minority ethnic women in Edinburgh. Includes counselling services - short/long term.Support 1/1,Befriending and Community Based Development | Free (Free crèche)  | Yes | 6 - 8 weeks but aim to see clients for intake within 4 weeks. Depends on Clients requirements for earlier appointments.  | Seema Numbarig |
| Samaritans | 25 Torphichen StEdinburgh,EH3 8HXTel: 0131 221 9999 / 08457 90 90 90 Email: jo@samaritans.org <http://www.edinburghsamaritans.org/>  | Open door 9am - 10pm, 7 days a week. |  |  |  |  |
| Scotland Therapy | South Side Therapy Rooms86 CausewaysideEdinburghAlso Bases in Glasgow and FalkirkEH9 1PYTel: Please email firstEmail: enquiry@scotlandtherapy.co.uk <http://www.scotlandtherapy.co.uk/>  | Anger management, abuse issues, obsessive-compulsive disorders, phobias, depression, anxiety, stress management.Person-centred therapy, psychoanalysis, holistic psychology, humanistic/cognitive therapy, phobia desensitization, multi-faith pastoral,Nutritional advice, comfort eating, herbalism, hypnotherapy, crystal healing, NLP, Mindfulness, Morita Psychology and Naikan meditation, Reiki | Rates vary. Concessions available Supervision available. – rates negotiable  | Can be arranged | Usually same week. Saturday and evening appointments available. | Stuart or Denise |
| Scottish Institute of Human Relations | 172 Leith WalkEdinburghEH6 5EATel: 454 3240Fax: 454 3241Email: info@sihr.org.uk <http://www.sihr.org.uk/>  | Psychodynamic Counselling Service: open ended/long term counselling.Self-referral. Meeting a wide variety of clients’ problems.Leaflets with further information available | Assessment and Sessions £45 for individuals, £50 for couples, and families (adults) I  | No, but call in advance and special provision can be made | No formal list. Assessment appointment usually within 2 - 3 weeks  | Contact: Counselling Service0131 454 3240 |
| Scottish Institute of Human Relations (adult services) | 172 Leith WalkEdinburghEH6 5EATel: 454 3240Fax: 4543241Email: info@sihr.org.uk <http://www.sihr.org.uk/>  | Adult Psychoanalytic PsychotherapySelf-referral. Meeting a wide variety of clients’ problems  | Initial Assessment Session £65-£75, ongoing sessions from £50  | No, but call in advance and special provision can be made |  | Clinical Coordinators: Audrey Neill0131 454 3240 |
| Scottish Institute of Human Relations (children & Young People)  | 172 Leith WalkEdinburghEH6 5EATel: 454 3240Fax: 4543241Email: info@sihr.org.uk <http://www.sihr.org.uk/>  | Children & Young People's Service  | Initial Assessment £100 Follow on £50 | No, but call in advance and special provision can be made |  | Clinical Coordinator: Audrey Neill |
| Scottish Marriage Care | Gillis Centre100 Strathearn RoadEdinburghEH9 1BBTel: 476 6605Fax: 0131 623 8919Email: info@scottishmarriagecare.org <http://www.scottishmarriagecare.org/>  | Relationship counselling for couples and individuals.Marriage preparation courses. | Donation requested | Yes | Fluctuates but approx. 4 – 6 weeks  | Eileen Ward |
| Simpson House Counselling | 52 Queen Street Edinburgh EH2 3NSTel: 225 6028/ 225 1054Email: simpsonhousecounselling@crossreach.org.uk <http://www.simpson-house.org/>  | Anyone aged 16 years and over affected by drug use living in Edinburgh/Lothians inc ex-drug users and family members. Individual, Couple and Family Counselling. Counselling service also available in HMP Edinburgh. | Free | Yes. Must be arranged in advance | Self-referral. Waiting times up to 2 weeks as of 23/09/09. | Ask for any project worker or counsellor. |
| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| Simpson House Sunflower Garden | 52 Queen Street Edinburgh EH2 3NSTel: 225 6028/ 220 2488 Email: sunflower@crossreach.org.uk  | Children age 0-12 years affected by family drug and alcohol use. | Free | Yes. Must be arranged in advance | Third-party referrals welcome | Ask for any project worker or counsellor. |
| Simpson House Training | 52 Queen Street Edinburgh EH2 3NSTel: 220 5996Email: simpsonhousecounselling@crossreach.org.uk <http://www.simpson-house.org/>  | COSCA Certificate in Counselling Skills - Children & Young People, DipHE Counselling Children and Young People. COSCA Certificate in Counselling Skills - Substance Use & Dependency.Short courses.Post Qualifying Diploma in Counselling Children & Young People (30 hrs) | Phone/ e-mail for course information fee. |  |  |  |
| Social Work Mental Welfare | Tel: (For ringing outside of normal work hours) 0800 731 6969  |  |  |  |  |  |
| Tara Trust Edinburgh | 12 Marchhall CrescentEdinburghEH16 5HLTel: 0131 667 3723Email: taratrust1@gmail.com <http://www.tararokpa.org/>  | General Counselling/Stress Management/Tara Rokpa Psychotherapy - Individual and Groups | Charges vary according to the counsellor |  | No waiting list | Lesley Hammond |
| The Junction | 160-162 Great Junction StreetLeithEdinburghEH6 5LJTel: 0131 553 0570Email: info@the-junction.org <http://www.the-junction.org/>  | Counselling for Young People aged 12-21 living in Leith and NE Edinburgh.Drop ins, one-one support and alcohol support available. | Free | Yes | 2 - 8 weeks | Reception |
| The Stafford Centre | 103 Broughton StreetEdinburghEH1 3RZTel: 557 0718Fax: 478 7119Email: info@staffordcente.org.uk <http://www.staffordcentre.org.uk/>  | Drop-in centre for adults with mental health problems. Offers information, support, group and recreational activities. | Free | Limited. | Appointments by referral and self referral. | Reception |
| The Whole Works | Jackson’s Close,209 Royal Mile,EdinburghEH1 1PZTel: 0131 225 8092Email: enquiries@thewholeworks.co.uk <http://www.thewholeworks.co.uk/>  | General.A variety of counselling approaches available. Half hour initial consultation to determine appropriate support. | £30-£45 and concessions. | No. | Initial Consultation within the week. Possible waiting for first appointment.  | Rob Ritchie |
| Vocal | 8 Johnstone TerraceEdinburghEH1 2PWTel: 466 8082Email: ablair@vocal.org.uk <http://www.vocal.org.uk/>  | Counselling for carers in Edinburgh and across the Lothians. | Sessions provided by individually agreed voluntary contribution, or free of charge if income is very limited. | Yes | Intake/assessment appointment within four weeks. Usually a waiting list for counselling of 3 to 4 months. | Ada Blair |
| Agency Name | Contact Information | Speciality | Cost (£) | Disabled Access | Waiting List | Contact People |
| Wellspring | 13 Smith's PlaceEdinburghEH6 8NT Tel: 553 6660Email: mail@wellspring-scotland.co.uk <http://www.wellspring-scotland.co.uk/>  | Psychotherapy for individuals and families. | Negotiable depending on income | No | Yes. Phone for information. 2-3 weeks for daytime, 4-6 weeks for evening.  | Lynne Donald |
| Wester Hailes Health Agency | 40 Dumbryden DriveEdinburghEH14 2QRTel: 458 3080Fax: 453 4890Email: jax@whhealthagency.co.uk <http://www.whhealthagency.co.uk/>  | Person-Centred counselling and Cognitive Behavioural Therapy for individuals aged 16 upwards in Wester Hailes and neighbouring areas. 26 weeks max. | Free | Yes | Yes. One-to-one support is offered in the interim waiting period. | Joyce Changes |

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