

DEBORAH UBEE TRUST

- Mental health and wellbeing charity offering services in Greenwich, Lewisham and Bexley
- For adults:
 - One-to-one talking therapies
 - Support for parents of autistic and neurodivergent children
 - Support for survivors of, or individuals experiencing, domestic and sexual violence
 - Movement and dance therapy
- For children:
 - One-to-one talking therapies (for over 14s)
 - Creative therapies (dance, movement, art, play)
 - Support for autistic and neurodivergent children (using our bespoke sensory room)
 - Support for young survivors of, or individuals experiencing, domestic and sexual violence

PHONE - 020 8305 6460

WEBSITE - <https://thedeborahubeeTrust.org.uk/>

EMAIL - reception@tdut.org

NHS TALKING THERAPIES - GREENWICH TIME TO TALK

- Free Cognitive Behavioural Therapy (CBT), guided self-help, and counselling for anxiety, depression and long-term conditions
- Up to 6 sessions of 1-2-1 therapy
- Only available for persons aged 16+
- Self-referral available

PHONE - 020 3260 1100

WEBSITE - <https://oxleas.nhs.uk/greenwich-time-to-talk/>

EMAIL - oxl-tr.greenwichtimetotalk@nhs.net

GREENWICH CARERS CENTRE

- Supports unpaid carers in Royal Greenwich with emotional, practical, and social help. Services include:
 - Counselling & Wellbeing: One-to-one sessions, therapeutic groups, stress management
 - Practical Advice: Help with benefits, form-filling, grants, and legal guidance
 - Community Hub: Café, garden, quiet spaces, and activity rooms
 - Groups & Events: Knit & Natter, art, music, dementia-friendly meetups, and carer socials

PHONE - 0300 300 2233

EMAIL - info@greenwichcarers.org

WEBSITE - <https://www.greenwichcarers.org>

we're **kind** we're **fair** we **listen** we **care**



Counselling

Greenwich Mental Health
Support Resources



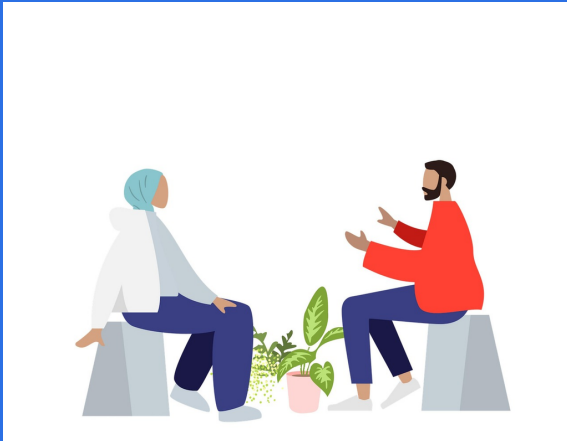
METRO CHARITY - LGBTQ+

- Counselling for LGBTQ+ adults living in Greenwich or Lewisham
- Up to 12 one-to-one sessions, provided at a low or reduced fee - Greenwich residents receive a reduced rate
- Counsellors are qualified professionals or trainees, all registered with BACP and supervised regularly
- Self-referral or referral by a professional (e.g., GP)

PHONE - 020 8305 5000

EMAIL - : hello@metrocharity.org.uk

WEBSITE - <https://metrocharity.org.uk/>



MORE RESOURCES

SOUTH EAST LONDON MIND

- Free, confidential counselling for adults living in or registered with a GP in Greenwich.
- Designed for people experiencing stress, anxiety, depression, relationship issues, bereavement, or other emotional challenges.
- Specialist options include:
 - Crisis counselling (short-term, up to 6 sessions)
 - Culturally sensitive counselling (e.g., African/Caribbean, Eastern European)
 - Telephone counselling via Mindline

PHONE - 020 8853 1735

WEBSITE - <https://selmind.org.uk/greenwich-mental-health/counselling/>

EMAIL - reception@selmind.org.uk



QUAGGY COMMUNITY COUNSELLING SERVICE

- An initiative delivered by Quaggy Development Trust
- Low-cost, confidential counselling for adults (18+) living in Greenwich or Lewisham
- Services include help with anxiety, stress, low mood, relationships, bereavement, self-esteem, identity, work difficulties, and more
- Sessions start from just £2, rising according to income.
- Up to 12 weekly sessions
- Delivered in person at Quaggy Children's Centre, or online
- Counsellors are trained professionals or trainee counsellors registered with the BACP
- Free counselling available for Greenwich residents who are pregnant, partners, or caring for an infant under two years old

PHONE - 0208 465 9785

WEBSITE - <https://quaggydevelopmenttrust.org/counselling-service/>

