FLORA BOURDILLON

Therapy for young people

Free therapy and emotional support

Information and places to turn

For people aged 16 and over

Flora Bourdillon

BABCP-accredited Psychotherapist

Therapy for young people

Free counselling, psychotherapy and emotional support for young people in London, including national services available online.

This guide is written for young people aged 16+ and those supporting them. Full service age ranges are shown below. Check where you need to live, work, study or have a GP before referring.

Hounslow Youth Counselling Service

Free. Face-to-face one-to-one counselling for ages 11-25 who live, work or study in Hounslow. Young people can self-refer; contact the service directly to request support.

https://hycscounselling.co.uk/young-people/

Brandon Centre - Camden and Islington

Free. Up to 16 weekly counselling or psychotherapy sessions for ages 16-24, until their 25th birthday, who live or have a registered GP in Camden or Islington. In-person and remote options; self-referral accepted.

https://brandon-centre.org.uk/services/counselling-psychotherapy

Brent Centre for Young People

For ages 14-21 living or studying in Brent, Westminster, Kensington & Chelsea, Harrow or Ealing. Individual talking therapy, group and parent work; most services require a referral. Free domestic violence and disordered-eating pathways are confirmed. Ask the centre which funded route is available; its general introduction does not confirm that every pathway is free.

https://www.brentcentre.org.uk/our-services/introduction

Local counselling and therapy

Open Door - Haringey

Free psychological therapies for ages 12-24 living in Haringey. Young people can contact the service directly to request support.

https://opendooronline.org/help-and-support/

Off the Record - Croydon, Merton and Sutton

Free counselling for ages 14-25 in Croydon and 11-25 in Merton and Sutton, for those who live, work or study locally. Free text, phone and video counselling is available to ages 11-25 living in these three boroughs. Self-referral available.

https://www.talkofftherecord.org/

Off the Record - Twickenham

Free counselling for ages 11-24 who live, work or study in Richmond upon Thames. Employed over-18s who can afford it are asked to contribute up to £10 per session. This is a separate charity from Off the Record above.

https://otrtwickenham.com/need-help-now/

Mind Connect - Depaul UK

Free counselling for ages 11-25, listed within Depaul's London support services alongside help with homelessness. Call 0800 160 1650 to refer yourself or someone else and check suitability and current access arrangements.

https://www.depaul.org.uk/london-get-help/

Off Centre - City and Hackney

Free, confidential therapy and support for ages 11-25 registered with a City and Hackney GP. The main therapeutic service is for ages 16-25; different pathways have their own criteria. Includes counselling and arts therapies.

https://family-action.org.uk/services/off-centre-hackney/

Online support and further services

The Mix - UK-wide

Free short-term counselling for ages 13-25. Telephone and online counselling options are available. Apply through the website; the service is not designed for crisis support.

https://www.themix.org.uk/counselling/

Soluna by Kooth

Free digital mental health support for eligible young people. Includes one-to-one text chats with practitioners, moderated peer support and wellbeing tools. Kooth has transitioned to Soluna. Age ranges and access depend on local funding; check eligibility when registering.

https://www.kooth.com/

NHS Talking Therapies - London

Free treatment for anxiety, depression and related difficulties. Usually available from age 18, with ages 16-17 accepted in some areas. Self-referral is often available; local age, GP and clinical criteria apply. Use the NHS finder to check your service.

https://www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/

Youth Access - find local support

A searchable directory of free, confidential youth counselling and advice services. Enter your postcode or city to explore services near you, then check current eligibility and referral arrangement with the provider.

https://www.youthaccess.org.uk/getting-help/find-help

You deserve support that feels right for you.