



Edinburgh's online source of mental health and
wellbeing information

Free and Low Cost Counselling in Edinburgh

Name and Address	Who is it for?	Cost	Contact
<p>Arkordia</p> <p>Southside Centre 86 Causewayside Edinburgh EH9 1PY</p>	<p>Adults living in Edinburgh and the Lothians.</p>	<p>Suggested donation of £12.</p>	<p>07496 155 038</p> <p>mail@arkordia.org</p> <p>www.arkordia.org</p>
<p>Bright Light</p> <p>9a Dundas Street Edinburgh EH3 6QG</p>	<p>Adults living in Edinburgh experiencing difficulties in their relationships.</p> <p>Couples and individual counselling available.</p>	<p>Starting at £29 per session then increasing to £70.</p> <p>Concessions available.</p>	<p>0131 556 1527</p> <p>askus@bright-light.org.uk</p> <p>www.bright-light.org.uk</p>
<p>Contact Counselling</p> <p>36 1f3 Montgomery Street, Edinburgh EH7 5JY</p>	<p>Adults and children living in Edinburgh and the Lothians.</p>	<p>Starting at £25 per session.</p> <p>Cost dependant on income.</p>	<p>0131 466 4597</p> <p>enquiries@contactcounselling.co.uk</p> <p>www.contactcounselling.co.uk</p>
<p>Counselling in Communities</p> <p>Greyfriars Charteris Centre, 140 Pleasance Edinburgh EH8 9RR</p>	<p>Adults living in Edinburgh and the Lothians.</p>	<p>Suggested donation starting at £5.</p>	<p>07724 152 557</p> <p>info@cocoed.org.uk</p> <p>www.cocoed.org.uk</p>
<p>Crossreach</p> <p>Charis House 47 Milton Road East Edinburgh EH15 2SR</p>	<p>Adults living in Edinburgh and the Lothians.</p>	<p>Starting at £5-10 per session.</p> <p>Cost dependant on income.</p>	<p>0131 657 2000</p> <p>info@crossreach.org.uk</p> <p>www.crossreach.org.uk</p>

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<p>Feniks</p> <p>151 London Road Edinburgh EH7 6AE</p>	<p>Adults living in Edinburgh who are from the Polish Community.</p>	<p>Donation of £0 - £15</p>	<p>07510 122 425</p> <p>Info@feniks.org.uk</p> <p>www.feniks.org.uk</p>
<p>Health All Round</p> <p>24 Westfield Avenue Edinburgh EH11 2QH</p>	<p>Adults living in Gorgie and the surrounding areas.</p>	<p>Dependant on service.</p> <p>Contributions encouraged but not required.</p>	<p>0131 337 1376</p> <p>info@healthallround.org.uk</p> <p>www.healthallround.org.uk</p>
<p>Hope Park</p> <p>8 Hope Park Square Meadow Lane Edinburgh EH8 9NW</p>	<p>Adults living in Edinburgh and the Lothians.</p>	<p>Suggested donation starting at £2.</p>	<p>0131 650 6696</p> <p>counselling@hopepark.org.uk</p> <p>www.ed.ac.uk/schools-departments/health/hopepark/about/</p>
<p>LGBT Health and Wellbeing</p> <p>9 Howe Street Edinburgh EH3 6TE</p>	<p>People from the LGBTQI+ community.</p>	<p>Contributions encouraged but not required.</p>	<p>0131 523 1100</p> <p>admin@lgbthealth.org.uk</p> <p>www.lgbthealth.org.uk</p>
<p>Lothian Deaf Counselling Service</p> <p>40 Shandwick Place Edinburgh EH2 4RT</p>	<p>Adults who are Deaf, deafened, hard of hearing or deafblind, and live in Edinburgh and the Lothians.</p>	<p>Free.</p>	<p>0131 225 8508 (voice) 07786202875 (text)</p> <p>deafcounselling@health-in-mind.org.uk</p> <p>http://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service/d143/#parentHorizontalTab2</p>

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<p>North East Edinburgh Counselling Centre</p> <p>31 Haddington Place Edinburgh EH7 4AG</p>	<p>Adults and young people living in North East Edinburgh only.</p> <p>Young people's service for those aged between 16 – 25.</p> <p>Waiting list for short term and 16 – 25 services, core service closed</p>	<p>Contributions encouraged but not required.</p>	<p>0131 557 4478</p> <p>neecscounselling@btconnect.com</p> <p>www.neecscounselling.org.uk</p>
<p>PF Counselling</p> <p>8 Balcarres Street Edinburgh EH10 5JB</p>	<p>Adults in Edinburgh</p> <p>Waiting list will re-open in January 2020</p>	<p>Contributions encouraged but not required.</p>	<p>0131 447 0876</p> <p>info@pfcounselling.org.uk</p> <p>www.pfcounselling.org.uk</p>
<p>Pilton Community Health Project</p> <p>73 Boswall Parkway Edinburgh EH5 2PW</p>	<p>Adults and young people over 16 living in Greater Pilton only.</p> <p>Young person's service available for Craigroyston pupils.</p>	<p>Voluntary contributions encouraged but not required.</p>	<p>0131 551 1671</p> <p>admin@pchp.org.uk</p> <p>www.pchp.org.uk</p>
<p>Projekt 42</p> <p>117 Leith Walk, Edinburgh EH6 8NP</p>	<p>Adults living in Edinburgh</p>	<p>Free counselling available for those not in employment or education and in receipt of benefit.</p> <p>Paid counselling starting at £12.50.</p>	<p>counselling@projekt42.co.uk</p> <p>www.projekt42.co.uk</p>

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<p>Resolve</p> <p>40 Shandwick Place Edinburgh EH2 4RT</p>	<p>Adults across Scotland who are able to travel to Edinburgh.</p>	<p>£55 per session.</p>	<p>0131 243 0139</p> <p>hello@resolvescotland.org.uk</p> <p>www.resolvescotland.org.uk</p>
<p>Saheliya</p> <p>125 McDonald Road Edinburgh EH7 4NW</p>	<p>Women from black and minority ethnic communities.</p> <p>Young people's service for girls aged between 12-18.</p>	<p>Free.</p>	<p>0131 556 9302</p> <p>info@saheliya.co.uk</p> <p>www.saheliya.co.uk</p>
<p>Stafford Centre</p> <p>103 Broughton Street Edinburgh EH1 3RZ</p>	<p>Adults living in Edinburgh.</p>	<p>Contributions encouraged but not required.</p>	<p>0131 557 0718</p> <p>www.staffordcentre.org.uk</p>
<p>Wellspring Scotland</p> <p>13 Smiths Place Edinburgh EH6 8NT</p>	<p>Adults living in Edinburgh and the Lothians.</p>	<p>Cost dependant on income.</p> <p>Starting at £25 per session.</p>	<p>0131 553 6660</p> <p>mail@wellspring-scotland.co.uk</p> <p>www.wellspring-scotland.co.uk</p>
<p>Wester Hailes Health Agency</p> <p>Healthy Living Centre 30 Harvesters Way Edinburgh EH14 3JF</p>	<p>Adults living in Edinburgh.</p>	<p>Free.</p>	<p>0131 453 9400</p> <p>Frontdesk@thehealthagency</p> <p>https://sites.google.com/a/whhealthagency.org.uk/home/home</p>

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<p>Whole Works</p> <p>Jacksons Close, 209 Royal Mile Edinburgh EH1 1PZ</p>	<p>Adults living in Edinburgh.</p>	<p>Starting at £45 per session with concessions dependant on income.</p>	<p>0131 225 8092</p> <p>enquiries@thewholeworks.co.uk</p> <p>www.thewholeworks.co.uk</p>

What other services are available?

If you would like a more comprehensive list of counselling services in Edinburgh, please look at the directory sites below:

www.counselling-directory.org.uk/region_97.html

www.edinburghtherapy.co.uk/

www.edinburghcounsellingagencies.co.uk/

www.psychologytoday.com/gb/counselling/sct/edinburgh



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To learn more about mental health services in Edinburgh,
please visit Edspace – www.edspace.org.uk