

Croydon Psychological Therapy Services

Voluntary sector service providers

Big White Wall

Address: www.bigwhitewall.com

Phone: 020 7060 1677

Email: theteam@bigwhitewall.com

Website: www.bigwhitewall.com



Clients: General

Description: Big White Wall is an online early intervention service for people in psychological distress. Big White Wall combines social networking principles with a choice of clinically informed interventions to improve mental wellbeing. It can be accessed 24/7 and has staff (Wall Guides) who ensure the full engagement, safety and anonymity of all members.

Care to Listen

Address: St. Mildreds Centre, 30 Bingham Road, Croydon, CR0 7EB

Phone: 07956 891 203 / 07985 343 619

Email: enquiries@caretolisten.co.uk

Website: www.caretolisten.co.uk



Clients: General, older people, ethnic minority, families

Description: Care to Listen offer both individual counselling and relationship counselling. We value confidentiality, are non judgemental and will provide you with a safe place to look at your current difficulties. We specialise in CBT, short term solution focused, psychodynamic, person centred counselling and EMDR.

Centre Of Change Project

Address: Timebridge Youth Centre, Fieldway, New Addington, CR0 9AZ

Phone: 07758702452

Email: centreofchangeproject@hotmail.co.uk

Website: -



Clients: Young people aged 10 – 25, and parents

Description: We are a friendly local team of counsellors and mentors offering confidential information; advice and support to young people aged 10 – 25. Centre of Change Project is a walk in centre in New Addington. We support young people who may be at risk of offending and those who have offended, and their parents.

CPF Counselling Croydon

Address: Kyle House, 4 Frith Road, Croydon, CR0 1TA

Phone: 020 8760 0665

Email: email@cpfcounselling.org.uk

Website: www.cpf counselling.org.uk



Clients: Adults - general

Description: We offer high quality counselling for people aged 18 or over living in Croydon and the surrounding areas. We help clients who face a range of difficulties such as anxiety, depression, lacking confidence and bereavement. We provide one to one psychodynamic counselling, both on a long-term and time-limited basis, as well as group counselling.

Croydon Drop In – Support for Young People

Address: 132, Church Street, Croydon, CR0 1RF

Phone: 020 8680 0404.

Email: enquiries@croydondropin.org.uk

Website: www.croydondropin.org.uk



Clients: Young people aged 11-25 (transition for children age 10), young families and parents

Description: Free, self referral, confidential Services: Counselling can be short or long term with options for a Solution Focused approach or Hypnotherapy, Advice and Advocacy, Out-reach services to schools and communities including health education and bespoke training options. We have a commissioned Counselling in Schools Service.

Cruse Bereavement Care Croydon

Address: Cruse in Croydon, PO Box 2833 , Kenley , CR8 5WS

Phone: 020 8916 0855 (24-hour answerphone)

Email: info@crusecroydon.org.uk

Website: www.crusecroydon.org.uk



Clients: Adults - general

Description: Provide free support and counselling on a one-to-one basis, free information and advice to anyone who has been affected by a death, education, support, information and publications to anyone supporting bereaved people, & social groups for bereaved people to meet and talk with other people in a similar situation & make new friends.

Depression Alliance

Address: East Croydon Medical Centre, 59 Addiscombe Rd, Croydon, CR0 6SD

Phone: 0845 123 23 20

Email: information@depressionalliance.org

Website: www.depressionalliance.org



Clients: General

Description: We work to relieve and to prevent this treatable condition by providing information and support services to those who are affected by it via our publications, supporter services and network of self-help groups for people affected by depression.

Kikiwa Counselling Centre

Address: 324 Bensham Lane, Thornton Heath, Croydon, Surrey CR7 7EQ

Phone: 02086832369

Email: kikiwacounselling@yahoo.co.uk

Website:

Clients: General - Older people up to 65 years, Young people, Families and ethnic minority

Description: We offer 1:1, group, families, drug & alcohol, people with first episode of psychosis, and domestic violence. Our client group are people with mental health problems and those suffering from any other psychological disorders. We use CBT as our specialised model

MIND in Croydon

Address: Mind in Croydon, 26 Pampisford Road, Purley, Croydon CR8 2NE

Phone: 020 8668 2210

Email: admin@mindincroydon.org.uk

Website: www.mindincroydon.org.uk



Clients: Adults - general

Description: We provide a high quality professional service in a confidential and safe setting. Our Counselling Service provides one-to-one counselling, and group therapy. It also includes a Crisis Response service for people suffering a mental health crisis. Clients can self refer by ringing 020 8763 2064 and giving their name and address.

Off the Record

Address: 72 Queens Road, Croydon, Surrey, CR0 2PR

Phone: 020 8684 3719

Email: info@offtherecordcroydon.org

Website: www.offtherecordcroydon.org



Clients: Children and young people aged 14-25

Description: The Counselling Service provides short and longer term counselling to young people 14 -25 (until 26th birthday) living, studying or working in the borough of Croydon. Client can bring any issues(s) of concern to them. The service is self referral only, except where the young person cannot speak English sufficiently well to refer themselves.

Rape & sexual abuse support centre (RASASC)

Address: RASASC, PO BOX 383, Croydon CR9 2AW

Phone: 020 8683 3311

Email: info@rasasc.org.uk

Website: www.rasasc.org.uk



Clients: Women

Description: RASASC was set up in 1985 as part of a Women's Aid project. We are an independent organisation based in Croydon providing a high standard of professional support to survivors of sexual violence. RASASC offers counselling, advocacy and training for women

Woodside Bereavement Service

Address: 143 Tennison Road. London SE25 5NF

Phone: 020 8662 1648

Email: wbs@thelisteningear.org.uk

Website: www.thelisteningear.org.uk

*Woodside Bereavement Service
The Listening Ear*



Clients: General, including children (anyone who has experienced a loss, usually death)

Description: We provide a 1 to 1 counselling service for anyone who has experienced loss. Usually seen at The Centre, but can provide home visits if mobility or exceptional circumstances necessitate this. Also provide training in loss and bereavement to other organisations. Work with all losses including traumatic deaths (suicide, murder etc)