





# **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



**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.



Address: St. Mildreds Centre, 30 Bingham Road, Croydon, CRO 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.



Address: Timebridge Youth Centre, Fieldway, New Addington, CRO 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, CRO 1TA

Phone: 020 8760 0665

**Email:** email@cpfcounselling.org.uk **Website:** www.cpfcounselling.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.

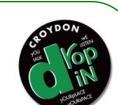


Address: 132, Church Street, Croydon, CRO 1RF

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, Outreach services to schools and communities including health education and bespoke training options. We have a commissioned Counselling in Schools Service.



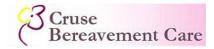
A CROYDON COUNSE

# **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 tfor 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, CRO 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, CRO 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 26<sup>th</sup> 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.



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

**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)





Woodside Bereavement Service The Listening Ear