

## Counselling Providers

### Services specific to those working in healthcare

#### **RCN Counselling**

call the RCN on 0345 772 6100

As an RCN member you can get free, confidential support and assistance to help you deal with challenging, emotional issues you may face, whether work related or personal.

#### **Wish Upon a Star Support for Professionals**

01443 853125 option 1

or email support@2wishuponastar.org for more information

Provide support of professionals from any field that have been involved with the sudden death of a child or young person under the age of 25.

#### **Health for Health Professionals Wales** <https://www.hhpwales.co.uk/>

This is a face to face counselling service for all **doctors** in Wales. It provides doctors with access to a BABCP (British Association of Behavioural and Cognitive Psychotherapies) accredited therapist in their area.

**Private Counselling:** Always check the person you contact is registered and/or accredited with a professional organisation, and has the appropriate qualifications.

- **The Counselling Directory:**

<https://www.counselling-directory.org.uk/>

- **British Association for Counselling & Psychotherapy (BACP):**

[www.bacp.co.uk](http://www.bacp.co.uk)

- **The United Kingdom Council for Psychotherapy (UKCP):**

[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

- **British Association for Behavioural & Cognitive Psychotherapies (BABCP):**

[www.babcp.com](http://www.babcp.com)

**Age Concern Connect** – 029 2043 1555

<https://www.ageuk.org.uk/cymru/age-friendly-wales/> *Creating an Age-friendly Wales*

**Breathe Cardiff** - 02920 440191

<https://www.counselling-directory.org.uk/counsellors/breathe-gofal-cymru>

Breathe is a counselling and wellbeing space in Cardiff, offering counselling services, CBT, therapies, classes & mental health workplace training - created by Gofal.

**Cardiff Mind** – 029 2040 2040 <http://www.cardiffmind.org/services/counselling>

*Free and fee-paying Counselling Service*

**Cardiff Women's Aid** – 02920 460566 <https://www.cardiffwomensaid.org.uk/>

Violence against Women, Domestic & Sexual Violence/Abuse Specialist Agency

**Community Care and Wellbeing Service (CCAWS)** – 029 2034 5294 <https://www.ccaws.org.uk/>  
*Counselling, Advocacy and befriending to anyone 18 +. Languages available are Urdu, Punjabi, Bengali, Arabic, French, Spanish and Sinhalese.*

**Crossroads Care in the Vale (EMI)** – 029 2070 0057 (option 3) [www.crossroads-vale.org.uk](http://www.crossroads-vale.org.uk)  
*Providing emotional support to carers of family members with dementia*

**Cruse Bereavement Care** – 02920 226166. <http://www.crusebereavementcare.org.uk/> and C&YP:  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)  
Helpline 0844 4779400 (Mon-Fri 9.30am-5.00pm) *Access to clear, concise information after bereavement*

**EDAS – (Entry into Drug & Alcohol Services)** – 0300 300 7000. Self referral  
<http://www.e-das.wales.nhs.uk/home>  
*A single point of entry for anyone who feels that they have an issue with any substance*

**Headway** – 029 2057 7707. <http://www.headwaycardiff.org.uk/>  
*Counselling for individuals or couples affected by brain injury*

**New Pathways** - 01685 379 310 [www.newpathways.org.uk](http://www.newpathways.org.uk) *Rape crisis and sexual abuse support service*

**Relate** –07980 404898. [www.relate.org.uk](http://www.relate.org.uk) *The UK's largest provider of relationship support*

**The Amber Project** – 029 2034 4776. [www.amberproject.org.uk](http://www.amberproject.org.uk)  
Support any young person (aged 14-25) in Cardiff and the surrounding areas who has experience of self-harm.

**Welsh Psychotherapy Partnership Ltd** – affordable therapy service  
<http://www.welshpsychotherapy.org.uk/joomla/affordable-therapy-service>

**YCS Counselling Service** – 07763 120331. [www.ycscounsellingwales.co.uk](http://www.ycscounsellingwales.co.uk)  
*“Y Cwmni Siarad” is a social enterprise project providing Counselling: donation based*

**Ynys Saff Sexual Assault Referral Centre** - <http://www.cardiffandvaleuhb.wales.nhs.uk/sexual-assault-cardiff>  
Ynys Saff Sexual Assault Referral Centre (SARC) is based in the centre of Cardiff and offers a service for those who live in or have experienced an incident within the Cardiff and Vale of Glamorgan.

*Please note inclusion within the document does not carry an endorsement or any form of quality assurance by Cardiff and Vale Employee Wellbeing Service*