

DIRECTORY OF FREE / LOW-COST COUNSELLING SERVICES IN CARDIFF

Name	Location	Website	Phone	Email	Fees	Notes
Amber Project	Quaker Meeting House 43 Charles St Cardiff CF10 2GB	https://www.amberproject.org.uk	02920 344776 07905 905437	amber.project@churcharmy.org	Free	Free counselling service for young people aged 14-25 who have experience of self-harm Online/phone only at the moment Waiting list
Affordable Talk	33-35 West Bute Street, Cardiff Bay, CF10 5LH	https://www.affordable-talk.co.uk/	07394 036773	affordabletalkservice@gmail.com	£25 per online session or £30 per face-to-face session (qualified counsellor) £20 per session (Newly Qualified Therapist) £10 per session (Therapist in training)	With the new National Lottery Community Fund grant we will also be offering up to 6 free funded sessions - criteria eligibility applies
Breathe UK	1 Pen y Lan Road, Roath, Cardiff, CF24 3PG	https://breathe-uk.com/funded-free-counselling/	02920 440191 07788 314975	hello@breathe-uk.com	A number of fully funded counselling sessions, up to 8 per person, are available online and over the phone to people anywhere in the UK.	Limited Face to face sessions are also available for people in Cardiff.
Cardiff Mind	166 Newport Road, Cardiff CF24 1DL	https://cardiffmind.org/	02920 402040	admin@cardiffmind.org	Free (volunteer/trainee counsellors, "long" waiting list) £40/hour (qualified counsellors, 2 week waiting list)	Up to 16 sessions (free) Unlimited sessions (paid) Currently online only
CCAWS	62 Whitchurch Road Cardiff CF14 3LX	https://www.ccaws.org.uk/	02920 345294	info@ccaws.org.uk	Free?	Up to 6 sessions

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Concern Cymru	Regal House, Gelligaer Lane, Cardiff CF14 3JS	https://concerncymru.org.uk/	07765 199725	admin@concerncymru.org.uk	Free / optional donation	Phone or video only at the moment
Medra	Preswylfa, Chapel St Menai Bridge Isle of Anglesey LL59 5HW	http://www.medracounselling.com/	01248 712865	info@medracounselling.com	Free	Up to 6 sessions. Although Medra is based in Anglesey, they are currently offering free online/phone counselling to clients in South Wales through the RCS/IWSS scheme
Welsh Psychotherapy Institute	54 Charles Street, Cardiff. CF10 2GF	http://www.welshpsychotherapy.org.uk/index.php/affordable-therapy-service	02920 396998	admin@welshpsychotherapy.org.uk	General normal rate is £25 per 50-minute session, rising to £30 - £40 per session for senior trainees and those in certain central city locations	
YCS Counselling Wales	31 The Parade, Roath, Cardiff. CF24 3DA	http://www.ycscounsellingwales.co.uk/	07763 120 331	admin@ycscounsellingwales.co.uk	Standard Counselling fee £20 Lower rate Counselling fee £10 (for those not in employment/receiving benefits). Occasional time-limited programmes of counselling at very low rates may be available for those unable to manage these fees	Up to 12 x 50-minute sessions Over 18s only

Last updated 09/09/2021