

DIRECTORY OF FREE / LOW-COST COUNSELLING SERVICES IN GWENT

Name	Location	Website	Phone	Email	Fees	Notes
Ara - Recovery for All	Ara, Kings Court, Kings Street, Bristol, BS1 4EF	www.recovery4all.co.uk	0330 1340 286	info@recovery4all.co.uk	Free	Free counselling for anyone affected by gambling or gaming harms. Our service covers all of Wales and is for anyone aged 16 plus.
Basecamp Counselling	11 Welsh Street, Chepstow, Monmouthshire, NP16 5LN	https://basecampchestow.weebly.com/counselling-service.html	01291 621636	basecampchestow@gmail.com	Sliding scale: from free up to £35/session depending on income/circumstances	
Bridge Christian Counselling Centre	Faith Church Wern Trading Estate Rogerstone Newport NP10 9FQ	https://bridgeccc.wixsite.com/bridgeccc/counselling-newport	01633 258729	counselling@bridgeccc.org.uk	12 contracted counselling sessions for £100.00 (pay upfront) £10.00 per session,(pay weekly) If £10.00 is difficult to afford we would ask you to donate what you can.	Currently online only
Community Counselling	Online	https://www.communitycounselling.co.uk/			3 x 50 minute free sessions	
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. Available Wales-wide
Cruse Gwent	Orion Suite Centre for Business Enterprise Way Newport NP20 2AQ	https://www.cruse.org.uk/get-help/local-services/wales/gwent	01633 251982	gwent@cruse.org.uk		Bereavement support. Currently online only

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Kemeys Grange	5 Charles Street, Newport, NP20 1JT	http://www.kemeysgrange.co.uk/services.html	01633 254646		On request	
Mind Monmouthshire	Henton House 28 Monk Street Abergavenny Monmouthshire NP7 5NP	https://www.mindmonmouthshire.org.uk/	01873 858 275	info@mindmonmouthshire.org.uk	£25/hour	Online and face-to-face services available
Newport Mind	100-101 Commercial Street, Newport NP20 1LU	http://www.newportmind.org/counselling/	01633 258741	enquiries@newportmind.org	Weekly sessions cost £10 if you are on benefits. If you are working and not on benefits, the cost is £40 per weekly session. Evening sessions are charged at £50.	
Sesame	12 Park Square Newport Gwent NP20 4EL	https://www.counselling-directory.org.uk/counsellors/sesame-counselling-service	01633 223055		Donations – give what you can afford	Sesame is open on Tuesday evenings 6-9pm

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