

MENTAL HEALTH RESOURCES

FINDING A THERAPIST

British Association for Behavioural and Cognitive Psychotherapies

Phone: 0330 320 0851

Email: babcp@babcp.com

British Association for Counselling and Psychotherapy Register

Phone: 01455 883300

Email: bacp@bacp.com

Twitter: @BACP

British Psychological Society

Phone: 0116 254 9568

Email: info@bps.org.uk

Counselling Directory

Phone: 0333 325 2500

Improving Access to Psychological Therapies

If you live in England, you can refer yourself to an NHS psychological therapies service (IAPT). IAPT (Improving Access to Psychological Therapies) services offer NICE recommended therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression.

Ieso Digital Health

Phone: 0800 074 5560

Email: info@iesohealth.com

UK Council for Psychotherapy

Phone: 020 7014 9955

Email: info@ukcp.org.uk