

# Counselling



Therapy provides a safe and confidential space for you to talk to a trained professional about your issues and concerns. Your therapist will help you explore your thoughts, feelings and behaviours so you can develop a better understanding of yourself and of others.

## About this Activity

For people on benefit or limited income, lower-cost counselling and psychotherapy are available with experienced trainees, and some are qualified. They offer shorter-term counselling and psychotherapy on a regular weekly basis during daytime hours Monday to Thursday. This programme is available to Borough of Islington residents only. Fees range from £12 and £40 per session. Those living in the Arsenal ward area may be eligible for funded counselling. To access this service we require a referral from a GP, or other health professionals. Counselling is in the centre and face-to-face only.


Health professionals can download our referral form here

[https://www.stressproject.org.uk/uploads/5/1/2/3/51231467/therapy\\_programme\\_referral\\_form.docx](https://www.stressproject.org.uk/uploads/5/1/2/3/51231467/therapy_programme_referral_form.docx)

People living outside of the Borough of Islington and those on a higher income can self-refer to our reasonable fee counselling and psychotherapy is available with qualified and experienced therapists. They offer shorter and longer-term counselling and psychotherapy on a regular weekly basis at specific times.

 Date

**Everyday**

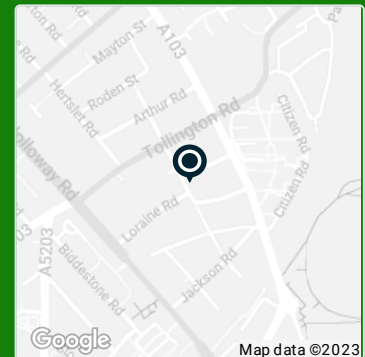
 8:00am - 9:00pm

 Price

**£12 to £60**

 In-Person

**Stress Project Therapy  
Centre  
2 Shelburne Road,  
London  
N7 6DL**



 Telephone

**0207 700 3938**

Therapy options are in person and online.

To view the list of our therapists.

<https://www.stressproject.org.uk/self-referral-counselling.html>

## Accessibility Information

- 2 Shelburne Road, Islington, London N7 6DL Stress Project Therapy centre is a corner building and the front door is in Annette Road access 2nd floor – 34 steps; 3rd floor – 51 steps ground floor with partial wheelchair adaptation Tubes Holloway Road, Finsbury Park, Highbury & Islington Trains Drayton Park, Finsbury Park, Highbury & Islington Buses 17, 29, 43, 91, 153, 253, 254, 271, 393 Parking restricted Monday to Friday 8.30am-6.30pm & Saturday 8.30am-1.30pm. (additional restrictions when Arsenal are playing a home match: Monday to Friday 6.30pm-8.30pm, Saturday 1.30pm-4.30pm, Sundays and Bank holidays noon-4.30pm. see [www.arsenal.com](http://www.arsenal.com)). One hour free parking on Holloway Road in bays Two hour free parking in Waitrose car park for customers Two hour pay and display parking bays on Lorraine Road and Hornsey Road All day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road

## Supported by



Cloudesley

Islington Council

