



External Support Services

Overview

The Collective Acting Studio will always aim to offer you support when you need help. Sometimes this means helping you to access services outside of the school that can offer longer term, or specialist, support.

Collective Acting Studio does not endorse any of these organisations, but we have compiled a list of low-cost counselling and psychotherapy services in South & East London that you may find useful.

South London Services

[Centre 70](#) offers a low-cost counselling service in the heart of the community in Lambeth.

[Faces in Focus](#) - providing low-cost counselling and support services to young people aged 11-25 years old, growing and expanding our services across all of London.

[The Nest - Southwark](#) - Free & confidential mental wellbeing advice and support for young people aged 11 – 25 in Southwark

[Waterloo Community Counselling](#) - Affordable and accessible psychotherapy & counselling in Central London

East London Services

[Centre for Better Health](#) - The Centre for Better Health counselling and psychotherapy service provides inexpensive access to talking therapies.

[Community Counselling](#) - Community Counselling is a low-cost counselling service in the heart of East London.

[Inner City Centre](#) - The Inner-City Centre is a pioneer in the provision of accessible psychotherapy.

Training Organisations with Low-Cost Therapy Services

[The Association for Group & Individual Psychotherapy](#) - AGIP provides psychoanalytic psychotherapy requiring a minimum commitment of twice weekly therapy over two years.

[The Bowlby Centre](#) - The centre offers attachment-based psychodynamic psychotherapy.

[CPPD](#) - CPPD offer a low-cost counselling service for people with low or no incomes.

[The Guild of Psychotherapist](#) - The Guild operates a low-cost clinic in Waterloo offering psychoanalytic psychotherapy.



External Support Services

[WPT Therapy](#) - WPF offers individual and group therapy.

[Psychosynthesis Trust](#) - The trust offers a low-cost counselling service for those on low incomes.

Mental Health Support for Actors

<https://www.industryminds.co.uk> Industry Minds

<https://applauseforthought.com> - Applause For Thought

Specialist Support for those from the Global Majority

<https://www.baatn.org.uk> - The Black, African & Asian Therapy network

<https://wabriyaking.com> - Wabriya King - Dramatherapist

<https://blacktress.co.uk> - Blacktress UK - A grassroots network and support group for self-defined black/mixed race womxn actors of the African diaspora.

<https://www.blackmindsmatteruk.com> - Blackmindsmatter