

List of NI based counsellors

I put a call out on my Immeasurable Minds Facebook pages for local counsellors, as I sometimes need to refer my mindfulness clients on to counselling. Mindfulness training is therapeutic NOT therapy sometimes the message on this gets confused. And sometimes its not easy to know where to go for counselling.

I've done my best to provide as many helpful links as possible, it took me sometime to look up all the links, please click on the highlighted and underlined words for the websites. If you want your name or counsellor added here please write to me with the name and contact details and corresponding weblink, I will update this post when I can.

The ones listed below are the ones that came back from my call out. **I have not used any of these services personally and am not endorsing anyone in particular.** Everything is listed alphabetical order. Please do your own research and use your own discretion when making an appointment. It seems that often people need to try a few counsellors before they find the one that is right for them.

You can ask your GP to refer you for free 6 sessions counselling on the NHS, there is often a waiting list.

[Afterthoughts NI](#) – particularly for Birth Trauma I received this testimonial – “for individual and couple counselling following traumatic birth experience, absolutely amazing, i spent over 5 years searching for the right person and it was Anne Marie! Based over at Source Wellbeing Centre, a truly incredible lady! She has links to Ulster Hospital Maternity Unit but for anyone who had children elsewhere there doesn't seem to be any support but thankfully she does private work too.”

[Caim Counselling, Carrickfergus](#)

[Colin Counselling, Poleglass](#)

[Cruse Bereavement Care](#) offer free counselling for the Bereaved.

[Lifeline](#) the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help. Ring 0808 808 8000

[The Lighthouse, Belfast](#) – particular for people experiencing suicide or self-harm.

[Nexus NI](#) University Street, Belfast for survivors of sexual violence and abuse.

[Pips Charity](#) - PIPS Charity is here to provide support to individuals who are considering, or who have at some point considered, ending their own lives. PIPS also provide support to those families & friends who have been touched by suicide

[The Samaritans](#) – **116 123** Free from any phone – a listening service.

List of (recommended by Facebook messages) current NI counsellors in Private Practice

Name	Contact details
<p>Ashleigh Duncan private practice offering counselling and holistic therapies as well as training and some group work. Newtownabbey</p>	<p>https://www.facebook.com/adcounselingnewtownabbey/</p>
<p>Barbara Marshall Works from an integrative approach. a master practitioner in NLP has a Diploma in clinical Hypnotherapy. NCS accredited BACP accreditation. Delivers training and anger reduction classes. Works with the emotional wellbeing hubs for several years.</p>	<p>www.talktobarbara.com Office in Coleraine and a room in Whiteabbey.</p>
<p>Etain O’Kane</p>	<p>www.therapybelfast.com</p>
<p>Heather Dickson. BACP accredited. Trained in working with survivors of abuse and also more general counselling. Work also with young people.</p>	
<p>Jackie Carr</p>	<p>email: jacqc22@gmail.com Mobile 07736776492. works from Malone Medical Chambers, 142 Malone Road Belfast</p>
<p>Jessica Leigh CBT does not see adolescent clients</p>	<p>www.jessicaleighcibt.com</p>
<p>Maggie Lavery, Carrickfergus</p>	<p>07788 880022</p>
<p>Mary Kate Kelly, Dunmurray Works privately in Meadowlands Musgrave hospital also registered with governing body NISCC</p>	<p>07584939149</p>

<p>Natalia Hodgers BACP & Relate trained counsellor, working with individuals, couples and teenagers. She has a holistic approach combining mindfulness, self-compassion and self-hypnosis.</p>	<p>www.nataliahodgers.com</p>
<p>Nora Mullan</p>	<p>nmullan08@qub.ac.uk 07590211883</p>
<p>Olivia Brown Fully qualified to degree level and beyond and fully accredited.</p>	<p>07954433274 Cranmore One</p>
<p>Stuart Eadie Counsellor, MSc, MBACP Accred</p>	<p>48 Castlereagh Street Belfast BT5 028 2502 2466 https://www.psychologytoday.com/gb/counselling/steadfast-therapy-belfast-nir/408378</p>