**Non NHS Therapy options:**

BABCP (British Association for Behavioural and Cognitive Psychotherapies)

[https://babcp.com/CBTRegister/Search#/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbabcp.com%2FCBTRegister%2FSearch%23%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975714539%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=x1Ku9KfXbknKtZIijWPRj2hE0cKRhxpklTn4co%2Fcmm0%3D&reserved=0)

Low fee deeper psychoanalytic psychotherapy at training organisations:

Institute of Psychoanalysis:

[https://psychoanalysis.org.uk/iopa-clinics/low-fee-scheme](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpsychoanalysis.org.uk%2Fiopa-clinics%2Flow-fee-scheme&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975723630%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Td1Tiwm57f61HS8G0nU55Z5M5%2B%2F8nIG9t%2F12zI%2F%2F6pY%3D&reserved=0)

British Psychoanalytic Association:

[https://www.psychoanalysis-bpa.org/find-an-analyst/low-fee-service/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.psychoanalysis-bpa.org%2Ffind-an-analyst%2Flow-fee-service%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975732412%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RbDFkFyM5CfCVjuKlTdGEMzZbnF1GzYU6Btd3ft33Cs%3D&reserved=0)

The Guild of Psychotherapists:

[https://guildofpsychotherapists.org.uk/psychotherapy/reduced-fee-clinic/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fguildofpsychotherapists.org.uk%2Fpsychotherapy%2Freduced-fee-clinic%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975743210%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=u2RE2vG0%2F94YUhMI2I%2F4DtVae0Ofv3PEMCbBn4tdeYk%3D&reserved=0)

British Psychotherapy Foundation:

[https://www.britishpsychotherapyfoundation.org.uk/find-a-therapist/low-fee-intensive-psychotherapy/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.britishpsychotherapyfoundation.org.uk%2Ffind-a-therapist%2Flow-fee-intensive-psychotherapy%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975750480%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=95t77VudPEZqI9BDmCBRoYP7O3USpeKTft0gQuBukRA%3D&reserved=0)

**Meditation Resources:**

Transcendental Meditation: [https://www.tm.org](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tm.org%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975757019%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=15sr6ACDTwTsr5nlUZTg3TM%2FZLAlMFzwpsthMO%2BLmX4%3D&reserved=0)

Meditation Trust: [https://meditationtrust.com](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmeditationtrust.com%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975763241%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9Ew5J6A2DumKj0JPO%2B5XW3S%2FvhpkurXSMYncZtZzGhA%3D&reserved=0)

Mindfulness meditation: [https://www.mindful.org](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mindful.org%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975769350%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Ifs9ZFsaZzxQ36X6DfwBOBzwx0%2BpqrJ9zFF%2BaXHocJk%3D&reserved=0)

Waking Up App: [https://www.wakingup.com](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wakingup.com%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975775417%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hVMyRNWuTplTnOPojJLz7u9vsgvyh1GJoiXPchwLhHQ%3D&reserved=0)

Headspace: [https://www.headspace.com](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.headspace.com%2F&data=05%7C01%7CMarsha.Dydo%40networkrail.co.uk%7Cee3021d8df4c4bbd7b2108dbf063a42a%7Cc22cc3e15d7f4f4dbe03d5a158cc9409%7C0%7C0%7C638368082975781451%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yZSd%2F39OZG334scCyKDo9AfC4vhJaHhMQbmhBe5D8mA%3D&reserved=0)

**Books:**

Katherine May: Wintering-The Power of Rest and Retreat in Difficult Times

Norman Rosenthal: Defeating Sad