

Free Services Available Across London

Parent / Carer counselling Service in Camden

Parent & Carer Counselling Service (PCCS) (Camden Council) offers 12 one-to-one sessions for parents/carers

Tel: 020 7974 6500 | Address: 5 Pancras Square, Town Hall, London WC1H 9JE

Free Counselling for Children, Young People & Families (South London)

South London Counselling & Support Services (SLCSS) free therapeutic counselling for children, young people, parents/guardians.

Tel: 020 8852 3400 | Address: Unit 48 City Business Centre, St Olav's Court, Lower Road, Southwark SE16 2XB

Fathers & Male Carers Support Group & Therapy

Dads House supports fathers with counselling, legal advice & mental health.

Tel: 07765 183504 | Address: 300 Old Brompton Road, London SW5 9JF

Free Adult Counselling for Separation & Family Challenges

Centre for Families (C4F) free adult counselling for issues like separation, parenting worries.

Tel: 020 8890 9355 | Email: info@c4f.co.uk

Online Father's Group

Free online Fathers Support Group for dads coping with separation or parenting challenges. Also drop-in legal advice clinic.
Tel: 020 8890 9355 | Email: info@c4f.co.uk

Dads House

London-based charity supporting fathers: counselling services, mental health support, father-only groups.

Address: 300 Old Brompton Road, London SW5 9JF | Tel: 07765 183504 | Email: info@dadshouse.org.uk

Fathers Justice UK

Free support & advice network for separated parents (especially fathers) navigating contact, separation and children's relationships.

Tel: 0330 043 4026 | Email: info@fathersjusticeuk.co.uk

Both Parents Matter

Charity offering free support groups online or in person for separated parents & carers (including fathers).

For West London: Tel: 020 8871 0823 | Email: west.london@bothparentsmatter.org.uk

Family Lives

National helpline for families / separation; gives signposting to local free counselling & support across the uk.

Helpline: 0808 800 2222 | Email: askus@familylives.org.uk

PAC UK

Free advice and support for birth parents, adopters and other relatives; includes fathers & separated parents in London.

Address: 34 Wharf Road, London N1 7GR | Tel: 020 7284 0555 | Advice line: 020 7284 5879

The Lloyd Park Children Charity (TL PCC) Fathers Wellbeing Service

Offers 1:1 counselling and group sessions for fathers in Waltham Forest (check if open/waitlist).

Tel: 020 8527 1737 | Email: lilienl@tlpcc.org.uk