

Bywater Therapy

Counselling For Everyone



Welcome to Bywater Therapy

Bywater Therapy is a counselling service for adults, children and young people. We provide expert support for a range of emotional and mental health difficulties. With a rapidly growing list of qualified therapists, you can match yourself or your child with the right specialist to ensure the best possible support.

No referral is needed – you can book directly, with appointments available in less than 48 hours. Our flexible, online sessions create a safe and engaging space where users can express themselves, build resilience, and gain the tools they need to thrive.

What to expect

Qualified, specialist therapists vetted, checked and trained in mental health approaches for adults and children.

Flexible online sessions – accessible from home, no travel needed.

Personalised support for anxiety, low mood, self-esteem, relationship/school issues, and more.

Engaging, approach using interactive tools.

Fast access – avoid long waiting lists.



Choose A Therapist

Browse the counsellors' profiles for yourself or with your child and choose the one with the right specialism for your needs.



Book an Initial Consultation

It's a quick and easy online booking system and you or your child can have a consultation session within 48 hours.



Start Therapy

You or your child can start regular sessions with the chosen counsellor, from the comfort of home. All you need is a PC, laptop or tablet.



More Information:

