

Trustee – Clinical Role Description

- **Type:** Volunteer role
- **Reports to:** Chair of Trustees
- **Appointment duration:** 3-year term with option to renew
- **Salary:** No salary but reasonable expenses will be reimbursed
- **Hours:** Up to 5 days per quarter for face-to-face Board meetings, reviewing Board reports, project input, networking
- **Location:** Remote with quarterly meetings in central London
- **Community focus:** Candidates likely to be London based

About Help

[Help Counselling](#) is well-established Mental Health Charity. We believe everyone deserves access to quality mental health support, and have been providing affordable, short- and long-term talking therapies for over 60 years.

Whether clients are seeking relief from anxiety, stress, depression, or other challenges, we are here to help. We offer counselling services to those over 18, both face-to-face in West London and online across the UK.

We also provide training placements for clinical supervisors, counsellors and psychotherapists who need to gain clinical experience to qualify (or further qualify) and register with one of the industry professional bodies such as, BACP or UKCP.

The work undertaken by trainee counsellors and psychotherapists is unpaid - they volunteer their time. This volunteer-driven model enables Help Counselling to fulfil its mission of offering affordable counselling services to those in need.

We also cater for clients who prefer to engage with a qualified counsellor through Help Counselling Plus, our service for quality therapy at a fraction of the cost of private practice fees.

Our mission is to ensure that affordable counselling services are available to all, and particularly to those who may otherwise experience barriers through cost or language challenges, or because of cultural sensitivities.

We are proud of our diverse team of trainee and qualified counsellors who between them speak 17 languages. We work hard to ensure our clients are allocated to the best available counsellor for their clinical needs and non-clinical preferences. We invite you to join us in delivering that mission.

As a Trustee you will

Share collective responsibility for the charity's governance and long-term success. This includes:

- Ensuring the charity delivers its charitable objectives effectively
- Setting strategy, agreeing priorities, and monitoring performance
- Ensuring compliance with charity law, governance requirements, and regulatory obligations
- Safeguarding the charity's reputation, values, and financial sustainability
- Identifying and managing risk in a proportionate manner
- Contributing professional expertise to support strategic initiatives
- Providing leadership or input on specific projects as required
- Acting as an ambassador, building relationships with partners, donors, and supporters
- Supporting awareness-raising of our services across our three core London boroughs: Kensington & Chelsea, Westminster, and Hammersmith & Fulham

Skills and Experience Sought

As we develop our 3-to-5-year strategic plans, we are particularly interested in Trustees with the following experience:

- Qualified/accredited psychotherapist (BACP/UKCP/BPC) with 5 years post qualification experience
- Sector knowledge – knowledge and experience of training placement organisations
- Actively delivering counselling and or psychotherapy - face to face and online to adults over 18 ideally in an organisational setting
- Diverse experience -working within the NHS and/or individual practice

Essential requirements

- Demonstrable experience as a psychotherapist/counsellor with knowledge of psychodynamic, integrative, and person-centred modalities
- Understanding of counselling in the volunteering charity sector and NHS mental health provisions
- Based in London or surrounding areas, with the ability to travel within our target boroughs
- Commitment to improving mental health awareness, accessibility to counselling services, and reducing stigma
- Alignment with the charity's values, including confidentiality and integrity
- Persuasive communication skills and the ability to represent the charity professionally
- A proactive, collaborative approach, with the ability to work independently when required

Desirable requirements

- Previous Trustee or board-level experience
- Business background – prior work experience before clinical qualification
- Background in community engagement, volunteering, or outreach
- Understanding of mental health challenges and barriers to access
- Established links with NHS bodies, local authorities, charities, or community organisations
- Experience of public speaking or delivering presentations
- Knowledge of London's demographics, health inequalities, or community needs

What you will gain

- Experience working within a committed and supportive Trustee Board
- Opportunities to develop governance, leadership, and strategic skills
- Broader exposure to Trustee responsibilities, including preparation for Chair roles
- Enhanced community engagement and professional networks
- The opportunity to make a meaningful contribution to improving access to mental health support

How to apply

To apply for this rewarding Trustee opportunity, please submit your application via <https://reachvolunteering.org.uk/opp/trustee-psychotherapy-experience#>

Closing Date: July 31st, 2026 (we reserve the right to close early if suitable candidates are found)

For an informal discussion about the role, please contact Moira Maguire, Chair of Trustees by email moira.maguire@helpcounsellingcentre.com

Equal Opportunities: We are committed to equality, diversity, and inclusion. We welcome applications from all sections of the community and particularly encourage those with lived experience of mental health challenges to apply.