Unit Cost menu for mental health and life skill service support

for neurodivergent people

This unit cost menu of service access represents a collation of secondary data sources conducted in February 2024 to be used in conjunction with our ROI interview tool when determining costs based on frequency of access. The services are categorised into six areas, each represented by a separate Table. For each cost category we provided a description of the service, the unit, the unit cost, the year of the cost and the source.

The source was selected to ensure the highest level of relevance and quality based on what was accessible online. This included selecting where possible a standard recognised source, and if this was not available, triangulation of 2-3 sources. Where possible we selected the most recent costs, with just 5 cost categories being before 2021. In these cases, an uprated 2024 price is also provided based on a [CPI conversion](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/).

Notes are provided on the unit cost and source and details of other sources and data if available. It is important to consider these notes as in some cases, especially for private costs we were not able to identify a range of sources so this information in the notes allows the reader to judge for themselves the reliability of the data provided. In particular note the following three sources: (1) ‘Select Psychology’ is a blog post stating average costs but no reference as to where data is from; ‘(2) Bark’ provides quotes from professionals near you for many different services. They create price guides for people to see range of costs for different services; and (3) ‘Check a Trade/Talent.com/Indeed/Glassdoor’ are average salary websites reliant upon people entering their salary information to them. In cases where there is a range of costs we have tended to select the most conservative. The unit costs are also likely to represent the lower band of actual costs as many take hourly salary rates while there are likely to be many other overhead costs for providing this service and having the staff in place. All unit costs selected have been rounded up to the nearest pound.

We have tried where possible to note alternative names for the same services and provide the units (eg. time) which best reflects the unit costs provided from the named source.

**TABLE 1. NHS Services**

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| **Service and Unit** | **Cost** | **Year** | **Source** | **Notes** |
| GP consultation    *(10-15 min)* | £42 | 2021/22 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.breakroom.cc/en-gb/employers/citizens-advice/pay)  Amended 2023 | Report amended 2023 however data used in report is from 2022.  GP costs table 9.4.2 |
| Psychology appointment    *(60 min)* | £66  (Band 7 hourly rate) | 2021/22 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.pssru.ac.uk/project-pages/unit-costs/unit-costs-2020/) Amended 2023 | £66 - £151 per hour depending on band.  Band 7 has title ‘Clinical psychologist’ Ref shows Band 7 including overheads. |
| Psychiatrist appointment    *(40-50 min)* | £249  (average) | 2019/20 | [NHS Improvement. NHS cost collection 2019/20.](https://uk.indeed.com/q-student-disability-advisor-jobs.html) | NHS Improvement cost collection –  ‘Other psychiatric liaison services – Adult and Elderly Unit cost £259’  ‘Liaison psychiatry service: Non-Admitted Face-to-Face Attendance, First meeting £258.58  Liaison psychiatry service: Non-Admitted Face-to-Face Attendance, Follow-up £271.89  Non-Admitted Non-Face-to-Face Attendance, First £202.51  Non-Admitted Non-Face-to-Face Attendance, Follow-up £138.46’  [Royal College of Psychiatrists](https://www.gov.uk/national-minimum-wage-rates?sfvrsn=563a6bab_2#:~:text=The%20liaison%20psychiatry%20staff%20assess,to%20meet%20patients'%20emotional%20needs.) (2019, P20) - ‘The liaison psychiatry staff assess and manage patients' mental health problems and use both medication and psychological therapy’  [NHS](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/#:~:text=Once%20you%20start%20your%20specialty%20training%20in%20the%20NHS%2C%20you%20can%20expect%20to%20earn%20a%20salary%20of%20at%20least%20%C2%A343%2C923%2C%20which%20can%20increase%20to%20between%20%C2%A393%2C666%20and%20%C2%A3126%2C281%20as%20a%20consultant.%C2%A0) General Psychiatry. (Accessed: 28 February 2024) - Once you start your specialty training in the NHS, you can expect to earn a salary of at least £43,923, which can increase to between £93,666 and £126,281 as a consultant. |
| CBT Therapy  *(per session)* | £106 | 2021 | [Curtis & Burns. PSSRU Unit Costs of Health and Social Care (2021).](https://uk.talent.com/salary) | PSSRU - Information has been uprated from McDaid et al. (2017) which included some uprated costs from 2011 and 2015. |
| Therapist appointment    *(60 min)* | £77 | 2021/22 | [NHS National Cost Collection 2021/22](https://assets.publishing.service.gov.uk/media/5b684f22e5274a14f45342c9/the-economic-and-social-costs-of-crime-horr99.pdf) | Session length -  60 mins - [NHS Inform (Scotland)](https://uk.indeed.com/cmp/The-Open-University-Uk/salaries/Tutor) (2023)  30-50mins – [NHS (Berkshire)](https://www.gov.uk/employment-support-allowance/what-youll-get) (Accessed February 2024)  60-90 mins – [NHS (Somerset)](https://newcastlepsychologist.co.uk/appointments-fees/#:~:text=Therapy%20sessions%20usually%20last%20between,you%20during%20your%20first%20appointment) (Accessed February 2024) |
| Counsellor appointment   *(40-50 min)* | £55  (Band 6 hourly rate) | 2021/22 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/) Amended 2023 | £42 - £125 per hour depending on band.  Band 6 has title ‘Counsellor’ Ref above shows Band 5 including overheads. |
| Life Coach (Health and wellbeing coach)  *(30-60 min)* | £42  (Band 5 hourly rate) | 2021/22 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.balancedietitians.co.uk/new-patients) Amended 2023 | Reference shows band 5 cost per hour.  [NHS Job Advert](https://www.gov.uk/government/publications/access-to-work-guide-for-employers/access-to-work-factsheet-for-employers) - Health and wellbeing coach job advertised at Band 5.  Called ‘Health and wellbeing coach’ within the NHS. [NHS (2023)](https://www.ruh.nhs.uk/patients/services/clinical_depts/dietetics/documents/What_to_expect_when_visiting_the_dietitian.pdf#:~:text=change%20their%20lifestyle)  [What is a health and wellbeing coach (NHS)](https://www.england.nhs.uk/long-read/workforce-development-framework-for-health-and-wellbeing-coaches/#3-what-is-a-health-and-wellbeing-coach) |
| Dietitian   *(per session)* | £77  (NHS cost collection) | 2021/22   2021 | [NHS National Cost Collection 2021/22](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/)   [Curtis & Burns. PSSRU Unit Costs of Health and Social Care (2021).](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20%28AMENDED2%29.pdf) | PSSRU – Band 5 £41 p/hour. Ref shows Band 5 including overheads.  *Dietitians typically start on Band 5 –* [*NHS*](https://www.pssru.ac.uk/project-pages/unit-costs/#:~:text=and%20public%20relations.-,Pay%20and%20benefits,typically%20starting%20on%20band%205.) *(Accessed: 28 February 2024)*  NHS - £77  Session length:  30 mins – [NHS (Bath)](https://uk.talent.com/salary) (2022)  Initial appointment 45 mins – [NHS (Ayrshire & Arran)](https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/position-statements/ps07_19.pdf#:~:text=Your%20initial%20appointment%20will%20last%20approximately%20forty%20five%20minutes) (Accessed February 2024)  90 mins – [NHS Northern Care Alliance](https://goodmoves.org/vacancy/a4s3z00000SfK8BAAV/wellbeing-officer?q=%2Four-services%2Fnutrition-and-dietetics-2#:~:text=Each%20session%20lasts%201.5%20hours%20and%20focuses%20on%20a%20new%20topic%20each%20week) (Accessed February 2024) |
| Occupational therapist appointment   *(60 min)* | £42  (Band 5 hourly rate) | 2022 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/overview/) Amended 2023 | £37 - £125 depending on Band.  Band 5 has title ‘Occupational Therapist’. Ref shows Band 5 including overheads. |
| Speech and Language therapist  *(60 min)* | £42  (Band 5 hourly rate) | 2022 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.privatepsychiatry.co.uk/fees) Amended 2023 | £37 - £125 depending on Band.  Band 5 has title ‘Speech and Language therapist’. Ref shows Band 5 including overheads. |
| Psychiatric Nurse (Mental Health Nurse)  *(60 min)* | £42  (Band 5 hourly rate | 2022 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/homecare/)  Amended 2023 | Within the NHS this is called a Mental Health Nurse. Ref shows Band 5 including overheads.  [NHS Mental Health Nurse](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20(AMENDED2).pdf) (Accessed: 28 February 2024) - As a mental health nurse, you’ll be paid on the [Agenda for Change (AFC) pay system](https://umo.services/wp-content/uploads/2022/10/UMO-Rates-2019_20-NMH-support-f9VPB8rcZqQHVbc3.pdf), typically starting at band 5 |
| Community nurse appointment (District nurse)  *(per contact)* | £54 | 2021/22 | [NHS National Cost Collection 2021/22](https://www.priorygroup.com/locations/priory-hospital-altrincham-manchester/pricing) |  |
| Outpatient attendances  *(Per attendance)* | £295 | 2021/22 | [NHS National Cost Collection 2021/22](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/) |  |
| Living in hospital as a mental health patient  *(per day)* | £428 | 2021 | [Curtis & Burns. PSSRU Unit Costs of Health and Social Care (2021).](https://www.bark.com/en/gb/life-coaching/life-coach-price-guide/) | Costs have been uprated from ‘NHS England, National Cost Collection 2019/2020’ to 2020/21 by PSSRU. |
| A&E attendance   *(per visit)* | £245 | 2021 | [Curtis & Burns. PSSRU Unit Costs of Health and Social Care (2021).](https://www.leeds.gov.uk/adult-social-care/how-to-get-adult-social-care-and-support/how-much-it-costs) | Costs have been uprated from ‘NHS England, National Cost Collection 2019/2020’ to 2020/21 by PSSRU.  [NHS National Cost Collection 2021/22](https://www.bark.com/en/gb/counselling/counselling-prices/)  provide an estimate of £312.25 for a similar A&E mental health liaison service. |
| (Mental Health) Crisis Resolution/Home Treatment Team   *(per team contact)* | £189  (£249 in 2024) | 2015 | [Curtis & Burns, PSSRU, Unit Costs of Health and Social Care](https://www.southtyneside.gov.uk/article/2541/Personal-Transport-Budget) (2015)  [NHS National Cost Collection 2021/22](https://www.gov.uk/disabled-students-allowance-dsa) | PSSRU - NHS reference costs report that the mean average cost for a crisis resolution team was £189 per team contact. Costs have been uprated to 2014/15 price levels using the HCHS pay and prices inflators. Unit cost: £39 per hour per team member. £30,167 average cost per case.  NHS – Unit cost £276 - ‘Other mental health specialist teams, Adult and Elderly’  Unit cost £437 - CAMHS (U18) Crisis/Home resolution team |
| Mental health team (e.g. community)  *(per engagement)* | £359 | 2021/22 | [NHS National Cost Collection 2021/22](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/) | These are referring to unit costs for ‘Specialist mental health services, specialised services for autistic spectrum disorder - community contacts.'  [Curtis & Burns, PSSRU, Unit Costs of Health and Social Care](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/) (2015) - Page 200.  The mean average weighted cost per contact with a community mental health team specialist for adults with mental health problems was £189. Costs were uprated by PSSRU to 2014/15 price levels using the HCHS pay and prices inflators. |
| Ambulance service    *(per incident)* | £70 (hear and treat – not face to face);    £268 (see and treat – no onward conveyance required);    £390 (see and convey – take to a healthcare facility) | 2021/22 | NHS National Cost Collection 2021/22 |  |
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**TABLE 2. Private Health, wellbeing and life skill Services**  
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| **Service and Unit** | **Cost** | **Year** | **Source** | **Notes** |
| GP consultation  *(10-15 min)* | £79 | 2024 | [Bupa](https://www.bupa.co.uk/health/payg/gp-services) (Accessed: 28 February 2024) | £79 for 15 min appointment - [Bupa](https://www.devon.gov.uk/accesstoinformation/information_request/supported-living-placement-costs/) (Accessed: 28 February 2024)  [Which?](https://www.yourhealthinmind.org/psychiatry-explained/your-first-appointment) (Accessed: 28 February 2024)- £30-100 for a short appointment. Price and length of appointment varies considerably by provider.  £75 per appointment - [Myhealthcareclinic](https://learningsupportcentre.com/rates-for-needs-assessors/) (2022) (Accessed: 28 February 2024) |
| Psychology appointment  *(50-60 min)* | £100 | 2024 | [Select psychology](https://www.bolton.ac.uk/assets/Advert-Mental-Health-Advisor-SSE-056P-v5.pdf) (2023) (Accessed: 28 February 2024) | Select Psychology - The fees for seeing Clinical Psychologists or Counselling Psychologists range from £100 to £180 or more per 50 minute session.  [Newcastle Psychologist](https://www.checkatrade.com/blog/cost-guides/house-cleaning-cost/) (Accessed: 28 February 2024) - £100-110 per 50 min session  [Find my Psychologist](https://www.bark.com/en/gb/therapy/therapist-prices/) (Accessed: 28 February 2024)  £100-130 per hour  [Your Health In Mind](https://assets.ctfassets.net/mfz4nbgura3g/2bwY2CBqL6xXKOR1m4Tybn/512b9a90d559b7f1b36a121bb2a704fa/CA_Annual_Report_2022-23.pdf#:~:text=Read%20transcript-,What%20will%20happen%3F,about%20your%20concerns%20and%20symptoms) (Accessed: 28 February 2024) states a first session will be 1-1.5 hours and that after the first appointment the following ones may be shorter. |
| Psychiatrist appointment  *(60 min initial)*  *(30 min follow up)* | £350 (initial consultation)     £170 (follow up) | 2024 | [Private Psychiatry](https://www.hohs.org/costs/)  (Accessed: 28 February 2024) | Private psychiatry - Online Initial 1 Hour - £350  Online/Telephone Follow-up (1 hour) - £295  Online/Telephone Follow-up (30 minutes) - £175  Online/Telephone Follow-up (15 minutes) - £100  Face to Face Initial - £350 - £395  (1 hour depending on location)  Face to Face Follow-up - £175 - £325  (30 minutes to 1 hour depending on location)  [Mental Health and Wellbeing services](https://www.bark.com/en/gb/business-career-coaching/business-coaching-and-career-coaching-prices/)  (Accessed: 28 February 2024) - £350 for up to 75 mins  Follow up £170 up to 45 mins  [Psychiatry UK](https://goodmoves.org/vacancy/a4s3z00000SfK8BAAV/wellbeing-officer) (Accessed: 28 February 2024) -  £360 1 hour online assessment  £180 30 min follow up. |
| Therapist appointment  *(50-60 min)* | £50  (average) | 2024 | [Bark (2024)](https://www.robinwaite.com/blog/business-coaches-charges-in-the-uk-a-comprehensive-guide) Accessed: 28 February 2024)  [British Association for Counselling and Psychotherapy (BACP)](https://uk.talent.com/salary) (2021) | Bark – The average price of therapy is £50 per session. Min £35, max £100+.  [Select Psychology](https://www.robinwaite.com/blog/business-coaches-charges-in-the-uk-a-comprehensive-guide#:~:text=%C2%A360%20to%20%C2%A3100%20per%2050%20minute%20session) (2023) (Accessed: 28 February 2024)  £60-100 per 50 min session  BACP - £40-50 per hour, can vary greatly on location. |
| Counsellor appointment  *(40-50 min)* | £40 | 2023 | [Select psychology](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) (2023) (Accessed: 28 February 2024)  [Bark (2023)](https://habitcoach.co.uk/how-much-does-a-life-coach-cost/) (Accessed 28 February 2024) | [Select psychology](https://www.somersetft.nhs.uk/specialist-psychological-interventions/) (2023) (Accessed: 28 February 2024) - £40-70 per 50 min session.  [Bark (2023)](https://www.pssru.ac.uk/pub/uc/uc2015/full.pdf) (Accessed 28 February 2024) - Average £50, Min £40, Max £60.  [NHS](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/) (2023) (Accessed: 28 February 2024) – A session costs anywhere from £35 |
| Life coach  *(60 min)* | £58  (average) | 2023 | [Bark](https://www.bark.com/en/gb/counselling/counselling-prices/) (2023) (Accessed: 28 February 2024) | Bark - £58 average per hour. Min £40, Max £200. Online starts around £30.  [Habit Coach](https://www.england.nhs.uk/personalisedcare/workforce-and-training/health-and-wellbeing-coaches/#the-data) (2023) (Accessed: 28 February 2024) Average hourly rate £81 per hour. The most frequently listed price is £50 per hour. |
| Dietitian    *(60 min initial)*  *(30-45 min follow up)* | £80  (initial consultation)     £50 (follow up) | 2023 | [The Good Gut dietitian](https://thegoodgutdietitian.com/fees/) (Accessed: 28 February 2024) | The Good gut dietitian - £80 initial consultation (60 mins) £50 follow up (45 mins)  [Bark](https://www.northerncarealliance.nhs.uk/our-services/nutrition-and-dietetics-2) (2023) (Accessed: 28 February 2024) - £85-130 per hour  [Balanced Dietitians](https://www.which.co.uk/reviews/private-healthcare/article/private-gps-compared-aHUVt2O3vZcW) (Accessed: 28 February 2024) - £115 initial consultation (60 mins) £80 follow up (30 mins) |
| Occupational therapist appointment  *(60 min)* | £50 | 2024 | [OT Action](https://www.yourhealthinmind.org/psychiatry-explained/your-first-appointment) (Accessed: 28 February 2024) | OT Action - 1 hour consultation - £50  In depth consultation (Several calls over a period of time) - £200-300  Physical OT Assessment - £200-400  [Circle health group](https://www.mentalhealthandwellbeing.co.uk/fees.php)   (Accessed: 28 February 2024) - Initial assessment starts from £88.50 |
| Living in hospital as  a mental health patient  *(per night)* | £1,045 | 2024 | [Cardinal Clinic](https://www.nhsaaa.net/services/services-a-z/allied-health-professionals-ahps/nutrition-and-diet/) (Accessed: February 28 2024) | Cardinal clinic - £1,045 – £1,130 Per Night (Depending on Room Size). Further charges may be made for additional services recommended as part of your care.  [Priory Altrincham](https://www.bdadyslexia.org.uk/services/assessments/workplace-needs-assessment) (Accessed: February 28 2024) - £1080 per night |
| CBT Therapy   *(50-60 min)* | £60 | 2022/23 | [NHS website CBT](https://www.bark.com/en/gb/counselling/counselling-prices/)  (2022) (Accessed: 28 February 2024) | NHS - £60-100 per session  Select Psychology blog (2023) (Accessed: 24 February 2024) £60-100 per 50 min session. |
| Cleaner   *(60 min)* | £10 | 2024 | [Bark](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20(AMENDED2).pdf) (2024) (Accessed: 28 February 2024) | Bark – Average house cleaner cost is £10-20 per hour  [Talent.com](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/?job=cleaner)  (Accessed: 28 February 2024) - £21,867 average yearly salary (£11.21 per hour)  [Check a Trade](https://www.healthcareers.nhs.uk/explore-roles/nursing/roles-nursing/mental-health-nurse) (2023) (Accessed: 28 February 2024) – Average weekly cleaner cost for 3 hours per week is £45 (£15 per hour) |
| Personal Assistant   *(60 min)* | £14 | 2024 | Talent.com (Accessed: 28 February 2024) | Talent.com - £26,500 average yearly salary (£13.59 per hour) |
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**TABLE 3. Social Care**

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| **Service and Unit** | **Cost** | **Year** | **Source** |  |
| Social worker visit    *(60 min)* | £42 | 2022 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://www.gov.uk/pip/how-much-youll-get) | Information taken from the Adult Social Care Workforce Data (Skills for Care, 2021/2022) |
| Support worker visit    *(60 min)* | £35 | 2021 | [Curtis & Burns. PSSRU Unit Costs of Health and Social Care (2021).](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) | ‘Social work assistant’ in reference. The mean basic salary of a social work assistant was £22,715 in 2012/13. Costs uprated to 2021 by PSSRU. |
| Support group visit   *(Per client attendance)* | £39 | 2021 | [Curtis & Burns. PSSRU Unit Costs of6 Health and Social Care (2021).](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/) | £39 per client attendance (excludes overheads) for Local authority own-provision social services day care for adults requiring mental health support (age 18-64).  Costs have been uprated from ‘Personal Social Services Expenditure return (PSS EX1)’, (2013/14) to 2020/21 by PSSRU. |
| Assisted living   *(per week)* | £1,010  (£1,221 in 2024) | 2020 | [Curtis & Burns. PSSRU Unit Costs of Health and Social Care 2020.](https://uk.indeed.com/q-student-disability-advisor-jobs.html) | [Curtis & Burns. PSSRU Unit Costs of Health and Social Care 2020.](https://mjbcoaching.co.uk/fees/) - See 4.3.2 Operational costs based on hours £1,010-£1,981. Costs have been uprated to 2020 from 2013 by PSSRU.  [Devon county council 2020/21](https://cardinalclinic.co.uk/patient-information/our-fees/)   - £860.27 (average) with a range from less than £500 to   £2500+ |
| Accommodation in residential home   *(per week)* | £950 | 2021 | [Curtis & Burns. PSSRU Unit Costs of6 Health and Social Care (2021).](https://socialvalueuk.org/wp-content/uploads/2023/05/citizens-advice-direct-sroi-report.pdf) | Data from Adult Social Care Finance Return (ASC-FR) returns for 2020/21 for expenditure data. |
| Day centre   *(per attendance)* | £58 | 2021/ 2022 | [Jones, Weatherly, PSSRU, Unit Costs of Health and Social Care (2022)](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20%28amended%2013%20July%202023%29.pdf) | Costs have been uprated from ‘Personal Social Services Expenditure return (PSS EX1)’, (2013/14) to 2021/22 by PSSRU. |
| Carer to visit home  *(60 min)* | £20 (self-funded) | 2024 | [NHS](https://www.bark.com/en/gb/counselling/counselling-prices/) |  |
| Transport costs  *(per day)* | £8 | 2024 | [Leeds.gov.uk Adult social care](https://www.bark.com/en/gb/therapy/therapist-prices/)  (Accessed: 28 February 2024) | Leeds - £7.50 per day for transport to a day centre  [Kent County Council](https://www.kent.gov.uk/education-and-children/schools/school-transport/school-transport-for-children-with-special-educational-needs/personal-transport-budgets#:~:text=A%20personal%20transport%20budget%20(PTB,transport%20application%20is%20being%20processed.) (Accessed: 28 February 2024) -  For getting your child to school.  Less than 5 miles: annual budget = £2,000  (£10.52 per day with 190 school days per year) 5-10 miles: annual budget = £3,000  (£15.78 per day with 190 school days per year) Over 10 miles: annual budget = £5,000  (£26.31 per day with 190 school days per year)  [South Tyneside Council](https://newcastlepsychologist.co.uk/appointments-fees/) (Accessed: 28 February 2024) – Personal Transport Budget 40p per mile |
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**TABLE 4. Higher Education support**

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| **Service and Unit** | **Cost** | **Year** | **Source** | **Notes** |
| Counsellor appointment   *(40-50 min)* | £40 | 2023 | [Select psychology](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20(AMENDED2).pdf) (2023) (Accessed: 28 February 2024)  [Bark (2023)](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/) (Accessed 28 February 2024) | Reflecting Private Prices.  [Select psychology](https://www.circlehealthgroup.co.uk/treatments/occupational-therapy) (2023) (Accessed: 28 February 2024) - £40-70 per 50 min session.  [Bark (2023)](https://psychiatry-uk.com/fees/) (Accessed 28 February 2024) - Average £50, Min £40, Max £60.  [Glassdoor](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) (2021)  – Average University counsellor salary £34,713. Range is £23k-40k  [NHS](https://mjbcoaching.co.uk/fees/)  (2023) – A session costs anywhere from £35 |
| Learning support services visit  *(per session)* | £60 | 2024 | [Learning Support Centre](https://www.glassdoor.co.uk/Salaries/united-kingdom-mental-health-advisor-salary-SRCH_IL.0,14_IN2_KO15,36.htm) (Accessed: 28 February 2024) | Learning Support Centre Rates -  Study Skills Tuition SpLD - £60  Mentoring – Mental Health Difficulties - £64.80  Study Skills – Autism Spectrum Conditions - £60  Mentoring – Autism Spectrum conditions - £64.80  Assistive Technology Training - £65.94  Specialist note taking for Deaf/Hard of hearing and visually impaired students - £33.84  Transcription - £26.40  [Talent.com](https://www.nhsinform.scot/healthy-living/mental-wellbeing/therapy-and-counselling/talking-therapies-explained/?job=student+support+worker) (Accessed February 28 2024) - Student support worker average salary £22,776 (£20,951 – 29,569) |
| University wellbeing support services    *(per hour)* | £18 | 2022 | [Wellbeing officer job vacancy](https://talkingtherapies.berkshirehealthcare.nhs.uk/contact-us/frequently-asked-questions-faqs/) [(](https://www.healthcareers.nhs.uk/explore-roles/doctors/roles-doctors/psychiatry/general-psychiatry)Accessed: 28 February 2024) | [Talent.com](https://www.gov.uk/pip/how-much-youll-get?job=student+welfare+officer) (Accessed: February 28 2024)  Average salary for Student welfare officer is £25,206 |
| University Mental Health advisor  *(per hour)* | £21 | 2024 | [Glassdoor](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) (Accessed: 6 March 2024) | Glassdoor - The average salary for a Mental Health Advisor is **£33462 per year** in United Kingdom  Assuming 1624 working days per year the minimum unit cost is £21.  [Job advert 2022](https://www.gov.uk/pip/how-much-youll-get) – Range from £31,406 – 36,382 |
| University Disability Advisor  *(Per hour)* | £22 | 2024 | [Disability Advisor (Mental Health)](https://www.bark.com/en/gb/counselling/counselling-prices/?vjk=733f511e91aca4d9) (Accessed: 6 March 2024) | [Disability Advisor (Mental Health)](https://otaction.co.uk/ot-services-fees/?vjk=733f511e91aca4d9) (Accessed: 6 March 2024) - Disability Advisors job advertisement salary - £36,024. Assuming 1624 working days per year the minimum unit cost is £22. |
| Student Mentor  *(60 min)* | £13 | 2024 | Indeed (Accessed February 28 2024) | Indeed (Accessed February 28 2024) - Average Student mentor salary - £21,460.  Assuming 1624 working days per year the minimum unit cost is £13.  £10.18 - £10.42 Based on minimum wage as an opportunity cost. [gov.uk (2024)](https://atomlearning.com/blog/private-tutor-costs) |
| Specialist or other professional mentor  *(60 min)* | £74  (£90 in 2024) | 2019/20 | [UMO Rates 2019/20](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/) | [Talent.com](https://www.bark.com/en/gb/nutritionist/nutritionist-price-guide/?job=specialist+study+skills) (Accessed February 28 2024) - Specialist Study skills mentor average salary £53,625/ £27.50 per hour. |
| Academic tutor appointment    *(60 min)* | £28 | 2022/23 | [Indeed](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/) (Accessed February 28 2024) | [Indeed](https://missingpersons.police.uk/cy-gb/resources/research/cost-of-missing-investigations) (Accessed February 28 2024) - Open University Academic Tutor average salary - £45,222 (£28 per hour assuming 1624 working hours per year)  [Atom Learning (private tutor)](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/)  (2022/23)- £20-40 per hour |
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**TABLE 5. Workplace support**

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| **Service and Unit** | **Cost** | **Year** | **Source** | **Notes** |
| Counsellor appointment  (outsourced)  *(40-50 min)* | £40 | 2023 | [Select psychology](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/) (2023) (Accessed: 28 February 2024)  [Bark (2023)](https://www.gov.uk/disability-premiums/what-youll-get) (Accessed 28 February 2024) | Reflecting Private Prices.  [Select psychology](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) (2023) (Accessed: 28 February 2024) - £40-70 per 50 min session.  [Bark (2023)](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) (Accessed 28 February 2024) - Average £50, Min £40, Max £60.  [NHS](https://www.gov.uk/national-minimum-wage-rates)  (2023) – A session costs anywhere from £35 . |
| Mental health/psychologist  (outsourced)  *(40-50 min)* | £100 | 2024 | [Select psychology](https://www.pssru.ac.uk/project-pages/unit-costs/unit-costs-2020/) (2023) (Accessed: 28 February 2024) | Reflecting Private Prices.  Select Psychology - The fees for seeing Clinical Psychologists or Counselling Psychologists range from £100 to £180 or more per 50 minute session.  [Newcastle Psychologist](https://www.bupa.co.uk/health/payg/gp-services) (Accessed: 28 February 2024) - £100-110 per 50 min session  [Find my Psychologist](https://www.bankofengland.co.uk/monetary-policy/inflation/inflation-calculator) (Accessed: 28 February 2024)  £100-130 per hour  [Your Health In Mind](https://www.bark.com/en/gb/cleaners/house-cleaner-price-guide/#:~:text=Read%20transcript-,What%20will%20happen%3F,about%20your%20concerns%20and%20symptoms) (Accessed: 28 February 2024) states a first session will be 1-1.5 hours and that after the first appointment the following ones may be shorter. |
| Workplace mentor    *(60 min)* | £50 | 2023 | Access to Work grant (Brain in Hand HR department, pers comm) | A specialist neurodiversity mentor session. |
| Employee wellbeing support  *(60 min)* | £10 | 2024 | [gov.uk](https://kar.kent.ac.uk/100519/1/Unit%20Costs%20of%20health%20and%20Social%20Care%202022%20(amended%2013%20July%202023).pdf) | Reflecting the opportunity cost of someone's time based on the national minimum wage |
| Workplace needs assessment    *(per assessment)* | £474 | 2024 | [Simply Thrive](https://simplythrive.co.uk/workplace-needs-assessment/#:~:text=How%20Much%20Does%20A%20Workplace,depending%20on%20the%20employee's%20needs.) (Accessed: February 28 2024)  [British Dyslexia Association](https://www.glassdoor.co.uk/Salaries/university-counselor-salary-SRCH_KO0,20.htm)  (Accessed: February 28 2024)  [Aim assessments](https://www.bacp.co.uk/media/11060/bacp-introduction-counselling-and-psychotherapy-client-information-sheet-march-21.pdf) (Accessed: February 28 2024) | Simply Thrive – £395+VAT  British Dyslexia Association - £450 + VAT  Aim assessments -£550 + VAT |
| Occupational health    *(60 min)* | £176 | 2024 | [Harlow Occupational Health Service](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/)  (Accessed: 28 February 2024) | Harlow Occupational Health services -  Half day - £528  Full day - £980 |
| Job coach appointment    *(60 mins average)* | £75 | 2023 | [Bark](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20(AMENDED2).pdf#:~:text=How%20much%20does%20Career%20Coaching,and%20location%20of%20the%20sessions.)  [Private job coach](https://www.gov.uk/pip/how-much-youll-get)  [Robin Waite Business coach](https://www.gov.uk/universal-credit/what-youll-get) | Bark - £75-150 per hour, average price of 100.  [Private job coach](https://www.bark.com/en/gb/counselling/counselling-prices/) - £80 online £90 face to face, per hour [Robin Waite Business coach](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/) - £100-500 per hour  Strategy sessions range from ADHD workplace at £90 to neurodiversity coping at £150. Access to Work grant (Brain in Hand HR department, pers comm) |
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**TABLE 6. Societal, public purse support**

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| **Service and Unit** | **Cost** | **Year** | **Source** | **Notes** |
| Personal independence payment  (PiP) daily living (low rate)     *(per week)* | £68 | 2024 | [Gov.uk](https://beta.jobs.nhs.uk/candidate/jobadvert/A4767-21-8224)   (Accessed: February 28 2024) |  |
| PiP daily living (high rate)  *(per week)* | £102 | 2024 | [Gov.uk](https://selectpsychology.co.uk/blog/mental-health/how-much-does-private-therapy-cost/)   (Accessed: February 28 2024) |  |
| PiP mobility (low rate)    *(per week)* | £27 | 2024 | [Gov.uk](https://www.healthcareers.nhs.uk/working-health/working-nhs/nhs-pay-and-benefits/agenda-change-pay-rates)   (Accessed: February 28 2024) |  |
| PiP mobility (high rate)    *(per week)* | £71 | 2024 | [Gov.uk](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20(AMENDED2).pdf)   (Accessed: February 28 2024) |  |
| Disabled Students Allowance   *(per year)* | £26,948 (maximum) | Academic year 2024/25 | [Gov.uk](https://workplace.aimassessments.co.uk/workplace-assessments/)  (Accessed: February 28 2024) |  |
| Access to work scheme    *(per year)* | £66,000 (maximum) | 2024 | [Gov.uk](https://myhealthcareclinic.com/blog/how-much-does-it-cost-to-see-a-private-doctor/)  (Accessed: February 28 2024) |  |
| Employment and support allowance  *(per week)* | £130 (maximum) | 2024 | [Gov.uk](https://www.pssru.ac.uk/pub/uc/uc2015/full.pdf)  (Accessed: February 28 2024) | Gov.Uk - Up to **£84.80** a week if you’re in the work-related activity group; Up to **£129.50** a week if you’re in the support group  If you’re able to get back into work in the future, you’ll be put into the work-related activity group. Otherwise, you’ll be put into the support group. |
| Universal credit    *(per month)* | £292 (minimum) | 2024 | [Gov.uk](https://www.england.nhs.uk/publication/2019-20-national-cost-collection-data-publication/)   (Accessed: February 28 2024) | If you’re single and under 25 £292.11/ month;  If you’re single and 25 or over £368.74/ month;  If you live with your partner and you’re both under 25 £458.51 (for you both) / month;  If you live with your partner and either of you are 25 or over £578.82 (for you both) / month |
| Disability premium  *(per week)* | £40 - £353 | 2024 | [Gov.uk](https://www.england.nhs.uk/costing-in-the-nhs/national-cost-collection/) (Accessed: February 28 2024) | **Disability premium**  You’ll get:  £39.85 a week for a single person  £56.80 a week for a couple  **Severe disability premium**  You’ll get:  £76.40 a week for a single person  £152.80 a week for a couple if you’re both eligible  Some couples will be eligible for the lower amount of £76.40 a week instead.  **Enhanced disability premium**  You’ll get:  £19.55 a week for a single person  £27.90 a week for a couple if at least one of you is eligible |
| Police interventions   *(per call out)* | £286  (£355 in 2024) | 2018 | [The Home Office](https://findmypsychologist.co.uk/home/about-us/fees/) | Average cost per incident. |
| Missing persons investigations   *(per event)* | £1,325 (minimum)  (£1,768 in 2024) | 2013 | [Dr. Karen Shalev Greene and Professor Carol Hayden](https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/dietitian) (2013) | Average cost per case £1325.44 minimum; £2415.80 for medium risk cases |
| Calls to Mental health Helplines such as Mindline and Samaritans  *(per call)* | £17-25 | 2024 | [Bark (2024)](https://uk.talent.com/salary) Accessed: 28 February 2024)  [British Association for Counselling and Psychotherapy (BACP)](https://www.bacp.co.uk/media/11060/bacp-introduction-counselling-and-psychotherapy-client-information-sheet-march-21.pdf) (2021) | Opportunity cost based on private therapist cost (£50 per hour), pro-rata to average call time of 20-30 minutes. |
| Appointments with Citizen Advice  *(per person)* | £17  (£23 in 2024) | 2013/14 | [SROI report Citizens Advice](https://findmypsychologist.co.uk/home/about-us/fees/) | In 2013-14, it cost £843,255 to run the service and they helped 50,686 people, which gives **and average £16.63** per person.  [2022-23 Citizen Advice annual report](https://kar.kent.ac.uk/92342/25/Unit%20Costs%20Report%202021%20-%20Final%20version%20for%20publication%20(AMENDED2).pdf) suggests 2.66 million people were helped with one-to-one advice and £30.8 million was spent delivering information and advice which suggests £11.59 per person but may not include salaries.  [Breakroom](https://uk.indeed.com/cmp/The-Open-University-Uk/salaries/Tutor) (Accessed: February 28 2024) - Citizens advice advisor £16-24k per year (£10-15 per hour assuming 1624 working hours per year) |
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| OTHER - Including charities, apps, online services, support groups |  |  |  |  |