

Help in an emergency

For urgent help and concerns about immediate safety ...

Call 999 to access the emergency services or go to Accident & Emergency (A&E) at your local Hospital.



Talking to us can really help
Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481308
E ask@hycscounselling.co.uk
www.hycscounselling.co.uk

78 St John's Road, Isleworth,
Middlesex TW7 6RU

Registered Charity 1196320 (formerly 296333)

bacp | Accredited
collective mark Service

In times of emotional crisis, it's important to remember that you are not alone. There are plenty of sources of support out there. Reaching out to someone may feel difficult but it can *really* help.

Emotional crisis

HYCS

Pocket guide

Worried about how you are feeling or concerned for a friend?

If you need to talk, support is available from many organisations.

24/7 Help

Childline
0800 1111

Samaritans
116 123

YoungMinds Crisis Messenger
Text YM to 85258

Domestic Violence Helpline
0808 2000 247

Frank
0800 77 66 00
(drugs information and support)

Other Helping Organisations

(please check for opening hours)

CALM

0800 568858 or 0800 802 5858

(support for men with suicidal feelings)

Nightline Association

www.nightline.ac.uk/want-to-talk/

(support for students, check here to search for nightline services in your training establishment).

Papyrus Hopeline UK

0800 068 4141 or text 039967

pat@papyrus-uk.org

(Helping to prevent young suicide).

Hope Again (under 18's)

0808 808 1677 (bereavement support)

NHSN

(National Self Harm Network)

www.nshn.co.uk/

(Online forum to reduce emotional distress)

Switchboard LGBT+

0300 330 0630

Other options:

Friend, family member or teacher.

Speak to someone you can trust.

HYCS 020 8568 1818

For free & confidential youth counselling support in the Hounslow Borough or visit **www.hycscounselling.co.uk/self-help-hub/** for more ideas.

Medical Support. Get in touch with your doctor or contact **NHS 111** for non-emergency care and advice.

CAMHS Duty Line 020 8483 2050

Advice for anyone concerned about an under 18 in Hounslow Borough.

Hounslow Single Point of Access (SPA)

0800 328 4444 Mental Health crisis support 24/7 for West London.

IAPT (Improving Access to Psychological Therapies)

National: Find an IAPT service in your area – visit www.nhs.uk/service/service-search/mental-health/find-a-psychological-therapies-service/
Hounslow: www.hounslowiapt.nhs.uk
www.hounslowiapt.nhs.uk

NHS Service Finder www.nhs.uk

NHS London: Find An Urgent Mental Health Line

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

HYCS

Contact HYCS for free 1-2-1 counselling support on **020 8568 1818** or text on **07784 481308** if you are 11-25 and live, work or study in Hounslow Borough.