



GP - Contact your GP for an urgent appointment.

111 - Call 111 and select the mental health option. Or, you can contact 111 online for help via the NHS website (<https://www.nhs.uk/>). 111 will be able to direct you to the right place to get help.

999 - Call 999 or go to A&E at the nearest hospital now if someone's life is at risk or if you do not feel you can keep yourself or someone else safe.

Need urgent help for mental health? In a mental health crisis or emergency, seek prompt, expert advice:



Talking to us can really help
Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481 308
E ask@hycscounselling.co.uk
www.hycscounselling.co.uk

78 St Johns Road, Isleworth
Middlesex TW7 6RU

Registered Charity 1196320 (formerly 296333)

bacp | Accredited Service
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Pocket Guide

Use the QR code to access our *A-Z Directory, Self Care Kit and App Zone* — all full of ideas to help you stay on track. The HYCS' Parents' Directory is also packed with support ideas.



Check out the **HYCS Self Help Hub** www.hycscounselling.co.uk packed with tips, tools and resources to support your wellbeing.

HYCS Self Help Hub Online - www.hycscounselling.co.uk



HYCS is a service for 11-25s of secondary school age. So what is available if you or a young person in your care are younger or still at primary school but need emotional support?

Need emotional support for a child aged 11 or under?

**Support
for 11 &
Under**



COUNSELLING SUPPORT SERVICES

Cocoon Kids

www.cocoonkids.org.uk

Low cost creative and play therapy for children 3 -19 years in Hounslow Borough.

Mid Mediation & Counselling - 020 8891 6860

<https://www.midmediation.org.uk/counselling-children-young-people/>

MiD offers support including counselling support for families who either have or are separating/divorcing. Self-refer to access 12, weekly sessions of low cost counselling support for parents/their child.

Place2Be - 0207 923 550

www.place2be.org.uk

Deliver counselling support in selected primary schools – check with your child's school to check if they offer support.

Relate

www.relate.org.uk

Offer both family and children's counselling:

- <https://www.relate.org.uk/what-we-do/counselling/family-counselling>
- <https://www.relate.org.uk/what-we-do/counselling/childrens-counselling>

Relate's children's counselling service is available for children aged 5 -10 years.

Search their website postcode to find your local centre and contact direct about an initial assessment.

Hounslow Connect – Mental Wellbeing Support

<https://hounslowconnect.com/categories/mental-wellbeing>

Local directory for mental health and wellbeing services.

Phoenix Counselling - 0208 890 3133

www.phoenixcounselling.org

Offer children's & family counselling called Flourishing Minds - <https://www.flourishingminds.org.uk/Low-cost-counselling>. Contact directly.

OTHER SOURCES OF SUPPORT

HYCS - Parents & Carers Pocket Guide & Parents Directory

www.hycscounselling.co.uk

Hounslow's Family Hubs

<https://hounslowconnect.com/services/hounslow-family-hubs>

Family Hubs are a friendly and safe environment for children, parents and carers to access support and services they need to build thriving families. There are Family Hubs in Brentford, Lampton and Feltham.

Family Information Service (FIS)- Hounslow

<https://www.hounslow.gov.uk/children-families-young-people/family-information-service>

The Family Information Service offer an information and signposting service on all aspects of family life for parents of children and young people aged 0-19 years.

Family Services Directory (FSD)

<https://fsd.hounslow.gov.uk/SynergyWeb/>

Managed by the FIS and providing information and signposting about local support and services for parents of children aged 0 to 19 years. Includes information about parenting support services, holiday activities, children's services and more.