

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 296333

bacp | Accredited 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?

Many organisations are available to offer support by phone, text or online chat and help is often available 24/7. So, if you need to talk here are some options to try:

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 options:

- **Friend, family member or teacher.**
Speak to someone you can trust.
- **HYCS**
020 5668 1818 or text 0778 4481 308,
- **Medical Support.**
Get in touch with your doctor or contact **NHS 111** for non-emergency care and advice.

Other Helping Organisations (please check for opening hours)

CALM
0800 568858 or 0808 802 5858
(support for young men/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 209697
(Helping to prevent young suicide).

Hope Again
0808 808 1677 (bereavement)

NHSN
(National Self Harm Network)
www.nshn.co.uk/
(Online forum to reduce emotional distress)

Switchboard LGBT+
0300 330 0630

- **CAMHS Duty Line**
020 8483 2050
Advice for anyone concerned about an under 18
- **Early Help Hounslow (EHH)**
0208 583 6600 option 1
for advice, guidance or access to Early Intervention Service.

HYCS

Contact **HYCS** for free 1-2-1 counselling support on **020 568 1818** or text on **0778 4481 308** if you are 11-25 and live, work or study in Hounslow Borough.

