



Text SHOUT to 85258

SHOUT Crisis Text Line

a reply within 24 hours

or email jo@samaritans.org for

Samaritans: 24/7 support - 116 123

appointment.

GP - Contact your GP for an urgent

to get help.

111 will be able to direct you to the right place

via the NHS website (<https://www.nhs.uk/>).

option. Or, you can contact 111 online for help

111 - Call 111 and select the mental health

someone else safe.

you do not feel you can keep yourself or

hospital now if someone's life is at risk or if

999 - Call 999 or go to A&E at the nearest

advice:

emergency, seek prompt, expert

in a mental health crisis or

Need urgent help for mental health?



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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ideas to help you stay on track

Kit and App Zone — all full of

our **A-Z Directory, Self Care**

Use the QR code to access

your wellbeing.

packed with tips, tools and resources to support

Check out the **HYCS Self Help Hub** which is

www.hycscounselling.co.uk

HYCS Self Help Hub Online -



available.

alone — and there are still lots of options

support beyond our service, you're not

If you've turned 26 or are looking for

What's Next?

Moving On from HYCS -

**Support
for 25+**



Pocket Guide

OTHER SUPPORT SERVICES

EACH Counselling: Ascent

<https://eachcounselling.org.uk/ascent>
(online referral form).

Support for 16+ in Hounslow & nearby boroughs affected by domestic/sexual abuse. One-to-one counselling available in multiple languages.

EACH Counselling: Awaaz 020 8577 6059

<https://eachcounselling.org.uk/awaaz/> (online referral form).

Counselling for BME women 18+ in Hounslow & nearby boroughs impacted by domestic abuse.

EACH Counselling: Jasmine

<https://eachcounselling.org.uk/jasmine/>

Free counselling for women 18+ in Ealing affected by substance misuse and who experience mental health challenges, and/or domestic abuse.

Hounslow Connect – Mental Wellbeing Support

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

Local directory for mental health and wellbeing services.

Hub of Hope

<https://hubofhope.co.uk/>

The UK's largest mental health support directory to help you find a service in your area including help in an emergency.

NHS Talking Therapies (Hounslow)

0300 123 0739

wlm-tr.talkingtherapies.hounslow@nhs.net

Free therapy for stress, anxiety, depression for adults 18+ in Hounslow. Self-referral or via GP.

Mental Health Integrated Network Teams

Hounslow Central – 020 8483 2020

Hounslow East – 020 8483 2816

Hounslow West – 020 8483 1859

Community-based support for adults 18+ with mental health needs - therapy, peer support, recovery courses and social connections.

Mind Within Counselling Service

020 8571 7454

<https://www.mind.org.uk/information-support/local-minds/>

Low-cost counselling for adults 18+ with mild to moderate needs.

Rethink - <https://www.rethink.org/>

Rethink provides services to help people with mental illness stay in the community, live independently & safely, access support, and understand their rights.

SANE Line 0300 304 7000

<https://www.sane.org.uk/>

Offers a range of services for those impacted by mental ill health including phone line, text and email support.

Shewise 0333 188 1505 www.shewise.org

Holistic, trauma-informed, multilingual, services that address violence against women and girls for 16+ with cultural sensitivity.

Wellbeing & Recovery College (West London)

<https://www.westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college>

Provide free courses on mental health and self-care. Open to service users, carers, families, and staff. For Recovery colleges in other areas, search

<https://mindrecoverynet.org.uk/providers/>

West London NHS Trust – Mental Health Services westlondon.nhs.uk

A range of mental health services across Hounslow, Ealing, and H&F.

Women and Girls Network 0808 801 0660

<https://www.wgn.org.uk/>

Free support for women affected by all forms of violence/abuse in London.