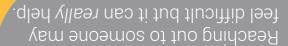
Call 999

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

For urgent help and concerns about immediate safety ...

Help in an





In times of emotional crisis, it's important to remember that you are not alone. There are plenty of sources of support out there.



Talking to us can really help
Hounslow Youth Counselling Service

T 0208 568 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



Emotional crisis



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

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.
- Support for 11-25 year olds who live, work or study in Hounslow Borough.
 Just call to arrange an appointment.
- 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



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.