

## 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.

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.



**Talking to us can really help**  
**Hounslow Youth Counselling Service**

T 0208 568 1818 SMS 07784 481308  
E [ask@hycscounselling.co.uk](mailto:ask@hycscounselling.co.uk)  
[www.hycscounselling.co.uk](http://www.hycscounselling.co.uk)

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

Registered Charity 296333

**bacp** | Accredited  
Service

# Emotional crisis



**HYCS**

**Pocket guide**

**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.

**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.



### **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/](http://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/](http://www.nshn.co.uk/)**  
(Online forum to reduce  
emotional distress)

**Switchboard LGBT+**  
**0300 330 0630**

