



Hammersmith, Fulham, Ealing and Hounslow

We have compiled a list of support options for you

- All these options are local to the London Borough of Hounslow
- Despite our best efforts to include accurate and up to date information, we still encourage you to reach out to providers directly to understand the support they provide and their eligibility requirements for supporting you

- The list includes support options for people experiencing common mental health problems, such as low mood or anxiety, as well as specialist support for issues including female survivors of domestic abuse and LGBTQ+ issues.
- If you need help finding specific support for your needs and/or identity, please let us know and we'll do our utmost to support you
- Please do not treat this an exhaustive list of support available to you. There may be other options that we're unfamiliar with. If this is the case, please let us know so we can share this with other service users!



Know My Mind

**Group Support
for your
Mental Health**



Hammersmith,
Fulham, Ealing
and Hounslow

Finally, we really encourage you to do your own research into the support you can access, on an ongoing basis.

To do so, we encourage you to use the following websites:

- Hounslow Connect: <https://hounslowconnect.com/>
An information and guidance hub connecting residents to local services and support. This directory is offered by the London Borough of Hounslow, and offers a wealth of information on local services available to you as a resident of the borough.
- Wellbeing West London Directory: <https://www.wellbeingwestlondon.org.uk/>
Wellbeing West London is a directory of support services across Hammersmith, Fulham, Ealing, and Hounslow. It was built and is maintained by Hammersmith, Fulham, Ealing, and Hounslow Mind.
- Hub of Hope: <https://hubofhope.co.uk/>
A national directory of services that can filter down support services available in the area you live.

Other useful resources:

The following webpage from Mind offers information on finding Peer Support options, including Mind's Side by Side online Peer Support community:

<https://www.mind.org.uk/information-support/drugs-and-treatments/peer-support/finding-peer-support/>

Online-only support, for those who struggle to get out of their homes:

- **Anxiety UK**
<https://www.anxietyuk.org.uk/get-help/anxiety-uk-courses-and-groups/>
Anxiety support groups, as well as art for anxiety relief course and anxiety management course.

List of Support Options :

Hounslow IAPT

<https://www.westlondon.nhs.uk/our-services/adult/iapt/iapt-hounslow>

IAPT stands for Improving Access to Psychological Therapies. They offer talking therapies for people over 18 who have a GP in the London Borough of Hounslow.

They help with common problems like stress, anxiety, and depression. It could be that you're feeling low, having trouble sleeping, or feeling frightened.

Hounslow IAPT offers Cognitive Behavioural Therapy (CBT) but also works in partnership with a counselling service.

CBT is an evidence-based therapy. This means there's proof it is likely to make you feel better. The sessions are structured, and the course is brief (usually about 8 weeks to 12 weeks).

You can access therapy in different ways. It can be face-to-face, in **groups**, over the phone, using video chat on your mobile, tablet or computer.

You can ask for a referral from your GP or any other health or social care professional. They will fill in a form explaining how you are feeling.

You can also refer yourself via this link:

<https://gateway.mayden.co.uk/referral-v2/069f5152-b5d9-46f1-8920-5a460e690753>

West London NHS Trust Wellbeing & Recovery College

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

The Wellbeing & Recovery College is a training and resource centre which develops and delivers education and tools to support wellbeing and the self-management of mental health difficulties. See the most recent prospectus of courses on offer at the link below:

https://www.westlondon.nhs.uk/application/files/5216/8008/7061/Wellbeing_and_Recovery_College_Summer_Term_Prospectus_2023.pdf

Please note: The Wellbeing & Recovery College produce a new prospectus each term, so if you've missed courses this time around then they will be likely running again. Keep an eye on their website for more details, or contact them directly.

Number: 020 8483 1456

Email: bookings.recoverycollege@westlondon.nhs.uk



 mind
Hammersmith,
Fulham, Ealing
and Hounslow

Hounslow Wellbeing Network

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

The Hounslow Wellbeing Network runs a weekly 'Let's Connect' meeting every Thursday from 11am to 1pm at the Arts Centre in the Treaty Centre. Hounslow Wellbeing Network post activities on the below page for Network members and the public to join:

<https://mailchi.mp/3d9c5cadd072/at-a-glance-wellbeing-network-newsletter-8752585>

Number: 07710760687

Email: Info@wellbeing-network.org

Address: Arts Centre in the Treaty Centre, Hounslow, London, TW3 1ES

STAR Centre - (EACH Counselling & Support)

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

STAR Centre provide a supportive drop-in centre for Hounslow residents with low to moderate mental health needs. They offer a safe environment for social contact, leisure activities, training (inc. maths and IT) and hot meals. The centre does not offer therapeutic interventions or support for individuals with high level mental health needs. The drop-in runs on a Sunday, Monday, and Wednesday.

Number: 020 8577 6059

Email: info@eachcounselling.org.uk

Address: Hounslow – Star Centre, 63-65 Bell Road, Hounslow, TW3 3NX

EACH Counselling & Support

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

EACH provides a range of culturally specific support services across several London boroughs. They specialise in women's support, particularly around surviving domestic abuse, as well as culturally specific support for BAME/Global Majority communities. They also offer support around substance misuse.

For information on the services they offer to Hounslow residents, please contact them directly.

Number: 020 8577 6059

Email: info@eachcounselling.org.uk

Ascent – Specialist Services for Women (EACH Counselling & Support)

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

Ascent is a partnership within the London Violence Against Women and Girls (VAWG) consortium delivering a range of services for survivors of domestic and sexual violence and abuse. The London VAWG Consortium works to end violence against women and girls.

Violence against Women and Girls (VAWG) is any act of gender-based violence that results in, or is likely to result in physical harm, sexual harm, emotional harm, financial harm, social isolation, coercion.

Ascent provides service for those affected by sexual domestic violence and abuse in London through the provision of frontline services as well as support to voluntary and statutory organisations. They work in delivering a range of services for survivors of domestic and sexual violence and abuse.

Number: 020 8577 6059

Email: infoascent@eachcounselling.org.uk

ILAYS

<https://ilays.org.uk/>

ILAYS provide non-judgmental services to the migrant, refugee and asylum seeker communities of West London. They do so, regardless of religion, race, gender, sexuality or politics. They offer a range of mental health services, including activities and Peer Support. Their multi-lingual volunteers can deliver them in Swahili, Arabic, Somali and Ethiopian, as well as English.

Number: 0208 890 5385 / 07392090606

Email: ilays@hotmail.co.uk

Address: 38 Bensington Court, New Road, Bedfont, Feltham, Middlesex, TW14 8HX

NAZ – Cherish Hounslow

<https://www.naz.org.uk/cherish-hounslow>

Cherish Hounslow is a mental health community project partnership provided by NAZ and METRO Charity. The project provides one-to-one advice and advocacy, group work, social groups and counselling for both LGBTQ+ and Minoritised Ethnic people in Hounslow who are experiencing mental health issues.

Friends of Cathja

<https://www.cathja.org/index.html>

Friends of Cathja provides a unique service to people suffering from enduring mental health problems. The Cathja is a fully converted and fully mobile 38 metre Dutch Barge. Situated on an idyllic Thames mooring in Old Isleworth, the barge provides space for people who have experienced mental health problems to explore their creativity in a safe and supported environment, mostly through woodwork.

Number: 020 8560 8360

Email: info@cathja.org

Address: Friends of Cathja, Rear of 20 Church Street, Isleworth, Middlesex TW7 6BG

Together As One

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

Run entirely by clients and volunteers, Together As One is a Twickenham based organisation providing support for anyone experiencing loneliness or social isolation, particularly as a result of mental health issues.

Drop-in days are: Monday, Wednesday and Friday (11am - 4.30pm)

They provide space to socialise, quality meals at low prices, art group, drama group, movement therapy, board games and other activities and outings.

See their website, or contact them directly for more information on their groups.

Number: 07466 216 568

Email: taotwickenham@gmail.com

Address: The Pavilion, Twickenham Green, Twickenham, TW2 5TU

Football For Thought

<https://hounslowconnect.com/services/football-for-thought>

Football for Thought is a 6-week football course, designed to tackle the stigma around men's mental health. Hosted by experienced football and talking therapy coaches, each session has a focus on mental health and wellbeing.

Men aged 18-55 of any footballing ability welcome.

Sign-up link:

<https://docs.google.com/forms/d/e/1FAIpQLScnHg8pN48VlJnXiCENWUyeovPYjEoVnochNQeF39xORmwOTA/viewform>

Support option within HFEH MIND

Hounslow Safe Space

<https://www.hfehmind.org.uk/get-support/safe-space/>

Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers.

Staff are there to listen to you and help you get the support you need. This includes strategies to help you cope in the moment, including resources to take away, or connecting you with practical local services. Staff may also directly refer you to other agencies for wider support. Psychoeducation and Workshops starting soon at Hounslow Safe Space.

They offer face to face, telephone and video-call support.

You can either:

Call 0207 471 0584 please leave a message and we will get back to you

Drop in to the Safe Space between 5pm-7pm, 7 days a week, or book an appointment. Our address is Safe Space Hounslow, Southville Centre, Southville Road, Feltham, TW14 8AP

<https://www.hfehmind.org.uk/get-support/hounslow-safe-space/>

Crisis Numbers

- **Samaritans:** To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org
- **SANeline:** If you're experiencing a mental health problem or supporting someone else, you can call SANeline on 0300 304 7000 (4.30pm–10.30pm every day).
- **National Suicide Prevention Helpline UK:** Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm to midnight every day).
- **Campaign Against Living Miserably (CALM):** You can call the CALM on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service.
- **Shout:** If you would **prefer not to talk** but want some mental health support, you could text SHOUT to 85258.