

Mental Health Support Services, Counselling and Advocacy

MIND Ealing and Hounslow

Community advocacy support for adults who are experiencing or have experienced mental health issues. Can support with attending meetings with professionals and provide advice on rights. Mind accept self- referrals.

Phone: 0208 3548910

Email: a.owen@mind-eh.org.uk

Ealing IAPT

The Ealing IAPT (improving access to psychological therapies) service offers free support for common mental health problems such as depression, anxiety and panic. IAPT offer a range of courses, groups and talking therapies. Courses include 'Enjoy your baby classes, running to better health and a stress control course'.

Referrals can be made by a health professional, but self-referrals are also accepted. This service is for anyone over the age of 18 who is registered with a GP in Ealing, although self-referrals can be made without telling a GP. Self-referrals can be made via the telephone or by filling out the online form.

Phone: 020 3313 5660

Website: <http://www.wlmht.nhs.uk/service/ealing-iapt/>

CAMHS (Child and Adolescent Mental Health Service)

CAMHS provide mental health assessment and treatment for children, young people (aged 0-18) and their families living in the London Borough of Ealing. CAMHS offer talking therapies and medication, and also provide advice, consultation and support to schools and other organisations that work with young people.

Types of problems CAMHS can help with include:

- Violent or angry behaviour
- Depression
- Eating difficulties
- Low self esteem
- Anxiety
- Obsessions or compulsions
- Sleep problems
- Self-harming and the effects of abuse or traumatic events

Referrals can only be made by the professionals working with the child/young person; this can include their SENCO, GP, or social worker. Referrals can be made via the referral form (found [here](#)) Referrals are discussed at allocation meetings where they decide whether the referral meets tier 2 (CAMHS workers within SAFE) or tier 3 (CAMHS workers within mental health)

Phone: 020 8354 8160

Website: <http://www.westlondoncamhs.nhs.uk/>

Relate

Relate offer Relationship Counseling, Family Counselling, sex therapy and family mediation. Mediation is free for those on a low income who are eligible for legal aid. You can check if you qualify by using the [legal aid checker on gov.uk](#). If you're not eligible you will be asked to pay a charge related to your income.

Relate also offer **children and young people's counselling**, which is free for children and young people up to the age of 18. Counselling can support children and young people with any problems they are facing, whether this is at home, or at school.

Phone: 0300 003 2324

Website: <https://www.relate.org.uk/london-north-west-and-hertfordshire?page=1>

The Jasmine Project

The Jasmine Project is a women's only (18+) support group which can offer free and confidential support to women to help build confidence and wellbeing. The support groups can support women over 18 who have been affected by either- domestic violence, trauma, mental health issues and problematic drug and alcohol use.

Groups cover building self-esteem, dealing with anxiety and depression, healthy relationships, positive psychology, mindfulness.

Self-referrals and referrals by professionals are accepted by filling out the online referral form found on the website and sending to jasmine@eachcounselling.org.uk

Phone: 020 8579 4529

Email: jasmine@eachcounselling.org.uk

Website: www.eachcounselling.org.uk

Log Cabin Charity Counselling

A free and confidential counselling service for adults and young people aged 11+. Counselling can help with:

- Anxiety/Depression
- Bereavement
- Suicidal thoughts or feelings
- Trauma
- Addiction
- Relationship Issues
- Bullying
- Family problems

Referral form can be found online at www.logcabin.org.uk

Phone: 0208 840 3400 option 1 or 07548 094 843

Email: counselling@logcabin.org.uk

Shaw Trust

Shaw trust offer back to work skills, social groups, arts and crafts and support with appointments, etc for adults with mental health problems. Clients must have been unemployed for 2 years or more. If interested, they need to speak to their Job Centre worker for a referral.

The Shaw's Trust are also looking for volunteers which could support vulnerable parents build confidence. Volunteers just need basic education and ability to lead a group of their interest such as knitting. Contact Nick, volunteer co-ordinator, if interested in the programme- details below.

Phone: 07971 828 970

Email: nick.walker@shaw-trust.org.uk

Website: www.shaw-trust.org.uk

Asian Family Counselling Service

The Asian Family Counselling service offer individual, couple and relationship counselling. Counselling is provided mainly for relationship breakdown, domestic violence, forced marriages mixed marriages, arrange marriages and marital strain due to financial status. Individual counselling can support with various issues such as bereavement, depression, self-harm, sexual abuse, suicidal feelings, unemployment and income related issues. Individuals may self-refer or a professional such as a family support worker, GP, social worker, may refer on the individual's behalf. Costs are £10 per individual session or £25 per couple session.

Phone: 020 8571 3933

Email: afcs@btconnect.com

Website: www.asianfamilycounselling.org

Men and Masculinities Programme

The Men and Masculinities programme is for men who are aware that their relationships have become distressing and damaged by their behaviour.

The programme will create a safe and supportive space to help you explore what it means to be a man, a partner and a father. We will address the impact of conflict, anger, anxiety and addiction on your relationships and help you try to rebuild the trust you have lost.

Referrals: DVAadmin@cranstoun.org.uk

Phone: 07701-373131

Email: DVAadmin@cranstoun.org.uk

Website: <https://www.cranstoun.org/service/menmasculinities-ealing/>