

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

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

CAMHS

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 online). 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 Counselling, 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](https://www.legalaidchecker.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

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

The Jasmine Project

The Jasmine Project is a women's only 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,

Phone: 020 8579 4529

Email: jasmine@eachcounselling.org.uk

Website: www.eachcounselling.org.uk

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

Log Cabin Charity Counselling

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

- Family issues
- Relationship difficulties
- Bereavement
- Addictive or destructive behaviour
- Or any other personal circumstances that are emotionally difficult

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

Phone: 0208 840 3400

Email: logcabin.outreach@yahoo.co.uk or info@logcabin.org.uk