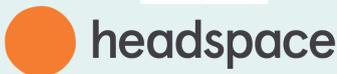


# Mental health services for adults

Did you know that a quarter of all adults experience mental health difficulties at some point in their lives? We all experience low mood and anxiety some times, but these experiences become a problem when it starts to impact on our ability to carry out everyday tasks. **Here are some services that are designed to help you get back on track. Also for more information, you can talk to your GP who will also help you find support.**

## Free self-help apps that help monitor and manage low mood and anxiety



Calm, Worry Tree, Headspace, Gratitude Happiness Journal

<https://www.good-thinking.uk/>

Provides a tool for 'Londoners' to link people to free apps, and guides specific to a person's difficulties e.g. anxiety, low mood, sleep, coronavirus.

## Helplines Offering Confidential Support



- Samaritans (116 123) (Free to call and open 24 hours 7 days a week.)
- Mind(0300 123 3393) Text 86463 (confidential help for the price of a local call. Open 9am to 6pm Monday to Friday.)

## Counselling in your community

When you are feeling stuck, it can be helpful to talk to another person about it. There are many free and low-cost counselling services in your area that offer a friendly person to listen, (please note: all services have been moved to telephone consultation and video calls during the COVID 19 pandemic)

### Ealing Abbey Counselling Service

**What is on offer?** Talking therapies

**Who is it for?** Anyone 18+ experiencing personal problems.

**How to access it?** Either a referral from your mental health team (if relevant), or self-referral by calling 0208 998 3361.

**Do I have to pay?** Yes, find out more on

[http://www.eacs.org.uk/individual\\_counselling.shtml](http://www.eacs.org.uk/individual_counselling.shtml)

### Southall Black Sisters(Ealing,Southall,Greenford, Northolt, Acton)

**What is on offer?** Provides advice, counselling and other support.

**Who is it for?** For women and children experiencing domestic and other forms of gender-related violence..

**How to access it?** A self-referral by calling 020 8571 0800 Mon – Fri, 9am – 5pm

**Do I have to pay?** Free service however may charge fees for expert reports.

### Metanoia Counselling and Psychotherapy Service(Ealing)

**What is on offer?** Talking therapies.

**Who is it for?** Anyone experiencing emotional and relational problems

**How to access it?** A self-referrals by filling out a form on their website

<http://www.metanoia.ac.uk/therapy/metanoia-counselling-and-psychotherapy-service/> or call on 020 8832 3080 to book an appointment.

**Do I have to pay?** Yes, find out more on their website.

### Asian family Counselling Service(Southall)

**What is on offer?** Talking therapies and self-help groups

**Who is it for?** Members of the South Asian community or if one partner is from the South Asian community.

**How to access it?** Either a referral from a health professional or a self-referral by filling out a form found on the website [www.asianfamilycounselling.org](http://www.asianfamilycounselling.org) or you can call on 020 8813 9714 for further assistance.

**Do I have to pay?** Yes, find out more by calling the number above



## Counselling in your community

### Bereft Bereavement Support (Acton and surrounding areas in the borough of Ealing)

**What is on offer?** Talking therapies.

**Who is it for?** Anyone 16+ who have experienced a loss.

**How to access it?** Self-referral by completing the contact form [www.bereftbereavementsupport.co.uk](http://www.bereftbereavementsupport.co.uk) or call the number 020 8896 2800 to book an appointment.

**Do I have to pay?** Yes, the service requests donations from service users

### Ealing Adult Community Team for People with Learning Disabilities (CTPLD)

**What is on offer?** A range of support with access to other community care in Ealing.

**Who is it for?** Anyone 18+ diagnosed with a learning disability living in Ealing and registered to an Ealing GP

**How to access it?** Either by health professionals, social services or self-made by calling 020 8566 2360.

**Do I have to pay?** This depends on what service is accessed through this.

### RISE (Ealing)

**What is on offer?** Individual counselling and group work

**Who is it for?** Anyone 18+ experiencing drug and alcohol misuse problems and registered to a GP in the Ealing area

**How to access it?** Self-referral by completing a form on the website

<https://www.ealingrise.org.uk/wp-content/uploads/2013/10/RISE-ReferralForm-1.pdf> or call 0800 195 8100

**Do I have to pay?** Yes, find out more on their website or call the number above



## NHS mental health services

### Ealing IAPT this is a free psychotherapy service:

**What is on offer?** Talking therapies

**Who is it for?** Anyone registered with a GP in Ealing.

**How to access it?** Either a referral from your GP or a self-referral by completing a form on their website or calling the number below

<https://ealingiapt.nhs.uk/how-to-get-help/>, 020 3313 5660

**Do I have to pay?** No

**Note:** during the COVID 19 pandemic please call the service before referring to confirm that the service is accepting new referrals.

## In a mental health emergency

### **If you are struggling to cope...**

Text 85258, to get support from a crisis volunteer at SHOUT (available 24/7).

This is a free service

### **For crisis support in the NHS...**

Call the NHS Crisis Line on 0300 1234 244 (available 24/7).

This is charged at same rate as local landline numbers.

### **For concerns around your or someone else's immediate safety...**

Call 999 or go to your nearest Accident & Emergency. For non-emergency enquiries or if you're unsure about how to respond, call 111 to seek out advice



This leaflet was created by the Ealing Clinical Psychologists in Schools (CiPS) service in May 2020 based on information that was available at this time. The leaflet was designed to be a quick-guide to signpost adults to services in their local area that help people with their mental health. However, please note that other services are available as well and it's advised that you double-check the information that has been provided in this poster with any services you approach.