

Mental health resources and support – adults

Ealing IAPT (improving access to psychological therapies) – West London NHS Trust

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

- Talking therapies for people over 18 who have a GP in the London Borough of Ealing
- For help with emotional difficulties like:
 - Low mood/depression; anxiety; worry; stress; panic attacks; low self-esteem; specific fears (phobias)
- Sessions are structured and take place over a short time, usually about 8 weeks to 10 weeks
- Online, face to face therapy; Group or individual therapy
- Self-refer or GP referral

Qwell

Free digital mental wellbeing support for adults. Qwell provides free, safe and anonymous online mental health support whenever you need it. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7.

Support available includes:

- Booked and drop-in chat or messaging with qualified mental health professionals
- Self help tools and activities
- Community Support (discussion boards and live forums)
- Helpful articles from the Qwell team and their community.

<https://www.qwell.io/>

Websites offering information about mental health

<https://www.mind.org.uk/>

<https://mentalhealth-uk.org/>

<https://www.mentalhealth.org.uk/>

Where to get urgent help for mental health – crisis support for adults

West London NHS Trust

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

If you or someone you know is struggling with their mental health and experiencing distress, or are in crisis, or if you want information and advice about mental health, you can contact the **West London Mental Health Trust's single point of access** on 0800 328 4444. Anyone can call the single point of access number 24 hours a day, seven days a week, every day of the year.

Ealing Safe Space

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

You will be greeted by staff who will always be there to listen to you and help you get the support you need. This might include strategies to help you cope in the moment, a range of activities we provide free of charge, resources to take away or connecting you with practical local services.

The service is for anyone, 18 or over who lives in Ealing and feels they are nearing crisis.

Call 0207 471 0583 Drop into the Safe Space between 5pm-7pm, 7 days a week or book an appointment. Safe Space Ealing, The Lido Centre, 63 Mattock Lane, W13 9LA

Helplines

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

<https://www.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).

<https://www.sane.org.uk/>

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).

<https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/>

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.

<https://www.thecalmzone.net/>

Shout. If you would prefer not to talk but want some mental health support, you could text SHOUT to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

<https://giveusashout.org/>