

STUDENTS

- **Student Counselling**

Web: www.studentcounselling.org.uk

Information about common student psychological problems & support

- **Nightline** – 020 7631 0101 (Term time only; 6pm - 8am)

Web: www.nightline.org.uk

Email: listening@london-nightline.org.uk

Students there for students; confidential listening, support & information

- **Students Against Depression**

Web: www.studentdepression.org

Self help resource for suicidal thinking & depression, & detailed information about sources of help

- **National Union of Students (NUS)**

Web: www.nus.org.uk

General information for students

AIDS & HIV

- **Sexual Health Helpline** – 0800 567 123

A free and confidential telephone service with advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services

- **NAZ Project** – 020 8741 1879

Web: www.naz.org.uk

Email: npl@naz.org.uk

Information & support on HIV, AIDS & STIs for South Asian, Middle Eastern, North African & Latin American communities

ALCOHOL & DRUG ADDICTION

- **National Drugs Helpline aka Frank** – 0800 77 66 00 (daily; 24 hours a day); text 82111

Web: www.talktofrank.com

Email: frank@talktofrank.com

Free, confidential advice & information on drugs in different languages

- **Release** – 0845 4500 215

Web: www.release.org.uk

Email: ask@release.org.uk

Information & advice about health, welfare & legal matters for drug users & families/friends

- **Alcohol Anonymous** - 0845 769 7555

Web: www.alcoholics-anonymous.org.uk

Confidential support for people with alcohol issues

- **Recover** – 0845 603 6530

Web: www.recovernow.co.uk

Email: help@recovernow.co.uk

Confidential, impartial information & support for people struggling with drug or alcohol issues

- **Gamblers Anonymous** - 020 7384 3040

Web: www.gamblersanonymous.org.uk

A guide for compulsive gamblers or anyone concerned about gambling

ANXIETY, PHOBIAS & PANIC ATTACKS

- **Anxiety UK** – 0844 775 774
Web: www.anxietyuk.org.uk
Email: info@anxietyuk.org.uk
Various forms of support for those living with anxiety disorders
- **No Panic** – 0808 808 0545 (daily; 10am – 10pm)
Web: www.nopanic.org.uk
Email: ceo@nopanic.org.uk
- **First Steps to Freedom** – 0845 120 2916 (10am – 2am)
Web: www.first-steps.org
Email: first.steps@btconnect.com

BEREAVEMENT

- **CRUSE Bereavement Care** – 0844 477 9400
Web: crusebereavementcare.org.uk
Email: helpline@cruse.org.uk
Support to promote the wellbeing of bereaved people
- **Bereft Bereavement Support** – 020 8896 2800
Local support for bereavement
- **Survivors of Bereavement by Suicide** – 0844 561 6855
Web: www.uk-sobs.org.uk
Email: sobs.admin@care4free.net
Support to meet the needs and break the isolation of those bereaved by suicide

COUNSELLING

- **Ealing Abbey Counselling Service** – 020 8998 3361
Web: www.eacs.org.uk
Email: counselling@eacs.org.uk
Local counselling support offering a wide range of service
- **Metanoia Counselling and Psychotherapy Service** - 020 8832 3080
Web: www.metanoia.ac.uk
Counselling & psychotherapy by advanced trainees working with various issues
- **Anchor – The Counselling Practice** – 020 8867 7660
Web: www.anchorcounselling.org
Email: info@anchorcounselling.org
Free, confidential counselling service in various languages
- **Waterloo Community Counselling** – 020 7928 3462
Web: www.waterloocc.co.uk
Email: info@waterloocc.co.uk
Low cost individual and group counselling in various languages
- **Solace Women's Aid** – 0808 802 5565
Web: www.solacewomensaid.org
Email: advice@solacewomensaid.org
Advice, counselling, accommodation, legal & outreach for those with domestic or sexual abuse issues

DEPRESSION

- **Depression Alliance** – 0845 123 2320 (for information pack)
Web: www.depressionalliance.org
Support & information for people affected by depression

EATING DISORDERS

- **Beat – Beating Eating Disorders** - 0845 634 1414
Web: www.b-eat.co.uk
Email: help@b-eat.co.uk
- **Recover** – 0845 603 6530
Web: www.recovernow.co.uk
Email: help@recovernow.co.uk
Confidential, impartial information & support for people struggling with eating disorders
- **Anorexia & Bulimia Care** – 01934 710 679
Web: www.anorexiabulimiacare.org.uk
Email: mail@anorexiabulimiacare.org.uk
National eating disorder organisation providing advice & support for all kinds of eating distress

INTERCULTURAL

- **Muslim Youth Helpline** – 0808 808 2008 (Weekdays: 6pm – 12am; Weekends: 12pm – 12am)
Web: www.myh.org.uk
Email: help@myh.org.uk
Provides faith & culturally sensitive confidential services for young Muslims
- **Nafsiyat Intercultural Therapy** – 020 7263 6947
Web: www.nafsiyat.org.uk
Email: admn@nafsiyat.org.uk
- **Japanese Helpline** - 020 7287 5493 (7pm – 10pm / leave a message & your call will be returned)
Web: www.cls.org.uk/japanese.html
- **Japanese Counselling Service** – 070 5002 9171
Email: y.totsuka@virgin.net
- **Chinese Mental Health Association Helpline** – 0845 122 8660
Web: www.cmha.org.uk
Email: info@cmha.org.uk
For those experiencing mental & emotional distress, their families/friends etc
- **London Irish Women's Centre** – 020 7249 7318
Web: www.liwc.co.uk
Email: info@liwc.co.uk
LIWC offers advice, information, counselling etc to Irish women & women of Irish descent
- **Polish Psychologists' Association**
Web: www.polishpsychologistsclub.org
Provides psychological support to the Polish Community

MENTAL HEALTH

- **MIND (National Association for Mental Health)** – 08457 660 163 (Mon - Fri; 9.15am-5.15pm)
Ealing & Hounslow - 020 8992 0303
Web: www.mind.org.uk
Email: info@mind-eh.org
Information and advice for matters relating to mental health
- **Rethink Mental Illness** – 0845 456 0455
Web: www.rethink.org
Email: advice@rethink.org
Information & advice about mental health, supported housing & local services
- **Sane** – 0845 767 8000 (Daily; 1pm – 11pm)
Web: www.sane.org.uk
Email: sanemail@sane.org.uk
Information & advice on mental health for those experiencing mental illness, their families/friends

- **Royal College of Psychiatrists** – 020 7235 2351
Web: www.rcpsych.ac.uk/mentalhealthinfoforall
Advice and information on mental illness

SELF HARM

- **HOPElineUK** – 0800 068 4141
Web: www.papyrus-uk.org
Helpline for anyone concerned about young people at risk of suicide
- **Calm** - 0800 58 58 58
Web: www.thecalmzone.net/whats_doing_your_head_in
Support for young men who are depressed or suicidal
- **The Samaritans** – 08457 90 90 90 (Daily; 24 hours a day)
Web: www.samaritans.org.uk
Email: jo@samaritans.org
Confidential emotional support to anyone who is suicidal or despairing
- **National Self Harm Network** - 0800 622 6000 (7pm-11pm)
Web: www.nshn.co.uk
Email: info@nshn.co.uk
Support for self harm
- **Harmless**
Web: www.harmless.org.uk
Email: root@harmless.org.uk
User led organisation providing a range of services including support, information & consultancy
- **Secret Shame**
Web: www.palace.net/~llama/selfinjury
Information, support and advice on self harm

SEXUALITY

- **Lesbian & Gay Switchboard** – 020 7837 7324 (daily; 24 hours a day)
Web: www.llgs.org.uk
Information, support & referral service for anyone who needs to consider issues around their sexuality
- **The Pink Practice** – 020 7060 4000
Web: www.pinkpractice.co.uk
Email: info1@pinkpractice.co.uk
Counselling & psychotherapy gay, lesbian, bisexual & transgendered people
- **London Friend** – 020 7837 3337
Web: www.londonfriend.org.uk
Email: etalk@londonfriend.org.uk
Promoting social, emotional, physical and sexual health & well-being of lesbian, gay, bisexual & transgender people, including counselling & other support

PREGNANCY & TERMINATION

- **British Pregnancy Advice Service** – 0845 730 4030
Web: www.bpas.org
Provides support & counselling regarding abortion, contraception & STIs
- **Brook** – 0808 802 1234
Web: www.brook.org.uk
Free & confidential sexual health advice including pregnancies, contraception & STIs
- **Choices** – 020 8840 8034
Web: www.careconfidential.com/London-Ealing
Email: London-Ealing@careconfidential.com
Positive & practical help including pregnancy testing, counselling, befriending, information & support

RELATIONSHIPS

- **Relate** – 0300 100 1234

Web: www.relate.org.uk

Various forms of support for all couple relationships including information on separation & divorce

- **Tavistock Centre for Couple Relationships** – 020 7380 1975

Web: www.tccr.org.uk

Psychotherapy for couples & consultation service for couple & individuals with relationship difficulties

- **Imago Relationship Therapy** – 020 8876 2439

Web: www.relationshiptherapylondon.co.uk

Email: info@relationshiptherapylondon.co.uk

Therapy examining all aspects of a couple & relationship from childhood to adulthood

VIOLENCE & RAPE

- **National Domestic Violence Helpline** – 0808 2000 247

Web: www.womensaid.org.uk

Email: helpline@womensaid.org.uk

National charity providing information & support

- **RAPE Crisis Helpline** – 0808 802 9999

Web: www.rapecrisis.org.uk

National helpline for female & male survivors, partners, friends & family

- **Victim Support Line** – 0845 30 30 900

Web: www.victimsupport.org

Free, confidential advice & support for victims of crime

GENERAL HEALTH

- **NHS Direct** – 0845 46 47 (daily; 24 hours a day)

Web: www.nhsdirect.nhs.uk

Confidential advice & information on health issues

- **Ealing Hospital** – 020 8567 5000

- **Wexham Park Hospital** – 01753 633 000

- **Royal Berkshire Hospital** – 0118 322 5111

Disclaimer:

The above information has been compiled by the Counselling Service at University of West London from different sources. The Counselling Service does not take responsibility for any errors in the information above or changes to the services offered. We also do not guarantee the quality of services offered by the above organizations.

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