

June 2018

If you are struggling to cope and need someone to talk to, it is important that you know that there are people here to help. No one needs to struggle on their own... Healing Minds

There are many different types of mental health support available in Kensington and Chelsea and services specifically set up to respond to the needs of people affected by the Grenfell Tower Fire. If you are concerned about your mental health, we recommend that your GP should be your first point of contact to discuss your concerns. They can refer you to a number of mental health services, such as counselling or support services. There are also a number of voluntary organisations and helplines offering services that can help.

Help in an emergency

Listed below are list of NHS, statutory, voluntary organisations and helplines you can contact for mental health support. However, if you think you or someone you know, is in danger of hurting themselves or others, please seek immediate help by calling emergency services. Dial 999, free of charge and ask for assistance.

For information about Healing Minds visit www.kcmind.org.uk

Mental health and wellbeing support for Grenfell

The Grenfell Health and Wellbeing Service

A free, confidential service for children and adults affected by the events of the Grenfell Tower fire. They offer a range of psychological therapies and support to help you feel better if you are feeling traumatised, down stressed or have been bereaved.

You can self refer by completing the form on their website.

Call: 020 8637 6279

Email: Grenfellwellbeingservice@nhs.net

Visit: www.grenfellwellbeing.com

The Curve Community Centre

10 Bard Road, London, W10 6TP

The Curve Community Centre is here to provide a safe, welcoming space where families and individuals affected by the Grenfell Tower tragedy can access the services they may need. This includes information and advice on key workers or housing, emotional and wellbeing support and community-based activities.

Opening Hours: Mon–Fri (10am–8pm), Sat–Sun (11am–6pm)

Call: 020 7221 9836

Email: thecurve@rbkc.gov.uk

RBKC: Grenfell Enquiries (formerly Care for Grenfell)

The staff in Grenfell Enquiries will provide advice and information and if you need it, ask a Keyworker to get in touch with you to provide a higher level of support. Grenfell Enquiries can also put you in touch with specialist NHS services which can help you cope with the psychological impact of what you have experienced.

Call: 020 7745 6414

This line is currently open from 8am to 8pm. There is an emergency overnight service which you can reach on the same number.

Email: Grenfell.enquiries@rbkc.gov.uk

For up to date information about council and community services for people affected by the Grenfell Fire Tragedy, go to: <https://grenfellsupport.org.uk/>

For information about other voluntary services that have been set up for Grenfell, please visit the Kensington and Chelsea Social Council Grenfell Service Directory at:

www.kcsc.org.uk/news/grenfell-voluntary-sector-service-directory

Crisis support

For help in a crisis, please contact the Single Point of Access Crisis and Advice Line.

NHS Single Point of Access

Call 0800 0234 650

Visit: <http://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/>

For listening support there are a number of support helplines you can call.

The Samaritans

The Samaritans can be contracted for free, confidential support, 24 hours a day, 7 days a week:

Call: 07725 90 90 90

Visit: www.samaritans.org

The Listening Place

Face to Face support for people who feel life is no longer worth living:

Call: 020 3906 7676

Visit: www.listeningplace.org.uk

Confidential support for emergency services

Mind Blue Light Infoline

Mind's Blue Light infoline is specifically for emergency service staff, volunteers and family. The team provides information on a range of topics including; Staying mentally well at work, different types of mental health services, how and where to get help, medical and alternative treatments, advocacy, information about post-traumatic stress disorder, existing mental health support and mental health and the law.

Call: 0300 303 5999 (local rates) or text 84999

Email: bluelightinfo@mind.org.uk

Mental health and wellbeing support ~ universal services

Single Point of Access (SPA)

If you or someone else you know is in need of more support than can be provided by the organisations on this list you can call the dedicated NHS response service number where your needs will be assessed and appropriate mental health support and information and advice will be provided. This is available 24 hours a day.

Call: 0800 0234 650 or

Email: cnw-tr.spa@nhs.net

Visit: <http://www.cnwl.nhs.uk/service/single-point-of-access-north-west-london-adult-community-mental-health-services/>

Community Living Well (Primary Care)

Community Living Well is a primary care service that offers easy access to a range of wellbeing and clinical services, including; information on self-help, peer support, employment support and support to navigate access to housing and benefits. Community Living Well also offers specialist support from mental health nurses and talking therapies.

Community Living Well (North Hub), St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ. Call: 0208 206 8700

Community Living Well (South Hub), Violet Melchett Centre, 30 Flood Street, London, SW3 5RR. Call: 0203 028 7805

Community Living Well (South HUB), 15 Gertrude Street, London, SW10 0JN. Call: 020 7349 2400

Visit: www.communitylivingwell.co.uk

Community Living Well has two talking therapy services:

Psychological Therapies:

A free and confidential NHS service for people aged 16 and over who are registered with a GP in Kensington and Chelsea, Queens Park Paddington area. They provide a range of psychological therapies and support:

Call: 020 8206 8700

Mother Tongue Counselling Services (in Arabic and Farsi):

Mother Tongue is an IAPT compliant counselling service delivered by Brent, Wandsworth and Westminster Mind to offer free and confidential counselling in Arabic and Farsi languages for people aged 18 and over who are registered with a GP in Kensington and Chelsea, Queens Park Paddington area:

Call: 077 1563 6626

Visit: www.wwmind.org.uk/mother-tongue-counselling

Voluntary organisations

Mental health support, advice and information, counselling, psychotherapy and emotional support.

Al Manaar: Muslim Cultural Heritage Centre

Al Manaar, have been are the forefront of providing practical, spiritual, pastoral and emotional support in response to the Grenfell tragedy:

Call: 020 8964 1496

Visit: www.almanaar.org.uk

Al Hasaniya Moroccan Women's Centre

Al Hasaniya provide practical and emotional support for women and their families. A programme of advice, advocacy and referral helps women to deal with their problems and access mainstream NHS and voluntary services:

Call: 020 8969 2292

Visit: <http://al-hasaniya.org.uk/support/mental-health>

Cruse Bereavement Care

Cruse Bereavement Care is a national charity for people who have been bereaved. CRUSE offers support to adults, young people and children to understand their grief and cope with their loss. CRUSE can offer individual and group sessions. CRUSE also provide support groups for people bereaved by suicide:

Call: 020 8964 3455

Visit: <http://www.kchf-cruse.org.uk>

Help Counselling

Help Counselling Service offers low cost counselling and psychotherapy to a wide range of people, mainly in the west London area.

Call: 020 7221 9974

Visit: www.helpcounselling.com

Hestia

Hestia provides housing and mental health day services, including a free community outreach counselling service for people who need emotional support:

Grove Resource Centre: Call 020 7221 0052

The Oremi Centre: Call 020 8964 0033

Visit: www.hestia.org

Kensington and Chelsea Mind

A local charity affiliated to national Mind that provides advice, information and signposting to local services and recovery focused support services for people who are experiencing mental health difficulties.

Call: 020 8964 1333

Visit: www.kcmind.org.uk

Midaye Somali Development Network

Midaye is a registered charity providing advice, advocacy, mental health support and education services for members of the Somali community. Midaye is the co-ordinating group for Grenfell Community Forum.

Call: 020 89697456. Visit: www.midaye.org.uk

Mind and Soul Foundation

The Mind and Soul Foundation is a Christian organisation that aims to educate people about mental health, help people recover from mental distress and engage people with the local church and emotional health services.

Call Premier Lifeline: 0300 111 0101

Visit: <http://www.mindandsoulfoundation.org>

SMART

SMART is a day service offering a range of support services located in the south of the Borough, with outreach locations in north Kensington. Drop in hours are Monday to Sunday 10am to 4pm, and Monday, Wednesday and Thursday 6pm to 9pm.

Call: 020 7376 4668

Visit: www.smartlondon.org.uk

West London Action for Children

West London Action for Children offers a range of counselling and therapy services for children in need, and their families. They support families under stress to develop their confidence and skills to cope with the ordinary and extraordinary challenges of family life:

Call: 020 7352 1155

Visit: www.wlac.org.uk

Online support

Elefriends

Elefriends is an online, moderated, peer support forum run by Mind.

Elefriends is a supportive community where people can give and gain support

and share experiences with people who understand, based on their own lived experience of mental health problems.

Sign up for Elefriends at: www.elefriends.org.uk

Easy Life

The Easy Health website provides videos and easy-read leaflets which help people with learning disabilities understand mental health issues and mental health care: Visit www.easylife.org.uk

Volunteering

The Volunteer Centre

The Volunteer Centre recruits, supports, manages and develops volunteers. Grenfell Home-Start provides support and practical assistance for people affected by the Grenfell tragedy.

Call: 020 8960 3722

Visit: www.voluntarywork.org.uk

Support with drug and alcohol problems

The Alcohol Service

The Alcohol Service (TAS) is a free and confidential alcohol service for adults, families, carers and affected others.

Call: 0800 014 7440

Email: thealcoholservice.info@cgl.org.uk

Visit: <https://www.changegrowlive.org/content/the-alcohol-service-hammersmith-fulham-kensington-chelsea-westminster>

Drugs and alcohol Wellbeing Service

The Drug & Alcohol Wellbeing Service (DAWS) is the substance misuse treatment service for Kensington and Chelsea.

Call: 020 8960 5599

Visit: <http://wellbeing.turning-point.co.uk/centrallondon/hubs/kensington-and-chelsea/>

Build on Belief (BoB)

BoB is service user run organisation providing counselling support and social

opportunities for people needing support for drug and alcohol problems.

Call: 0800 0234 650. Visit: www.buildonbelief.org.uk

Mental Health Helplines

Anxiety UK

Charity providing support if you've been diagnosed with an anxiety condition.

Call: 08444 775 774 (Mon-Fri, 9.30am-5.30pm)

Visit: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Contact via www.bipolaruk.org.uk

B-EAT Eating Disorder Association

Call: 08456 341 414

CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35.

Dedicated to preventing men from committing suicide:

London helpline: 0808 802 5858 (5pm to midnight).

Visit: www.thecalmzone.net

CHILD BEREAVEMENT UK

Support for families who have been bereaved

Call: 0800 0288840

Visit: www.childbereavementuk.org

CRUSE

CRUSE National helpline 0808 808 1677

Men's Health Forum

24/7 stress support for men by text, chat and email.

Visit: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Visit: www.mentalhealth.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD.

Offers a course to help overcome your phobia/OCD. Includes a helpline:

Call: 0844 967 4848 (daily, 10am-10pm)

Visit: www.nopanic.org.uk

Mind

Mind is the UK's largest mental health charity. It provides information and support to improve the lives of people suffering from mental distress.

Call: 020 8519 2122

Visit: www.mind.org.uk

Mind also provides Helplines to make sure people get the help and support they need. All Mind helplines are available Monday to Friday, excluding Bank Holidays – 9am – 6pm

MindinfoLine

Information on a range of mental health topics, types of mental health problems, where to get help, medication and alternative treatments and advocacy:

Call: 0300 123 3393 or text 86463

Email: info@mind.org.uk

Mind legal-line

Legal and general information on mental health law:

Call: 0300 466 6463

Email: legal@mind.org.uk

Obsessive Compulsive Disorder Action

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources:

Call: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

Visit: www.ocdaction.org.uk

Obsessive Compulsive Disorder UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments:

Call: 0845 120 3778 (Mon-Fri, 9am-5pm)

Visit: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Call: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm.

Weekends 2-5pm)

Visit: www.papyrus-uk.org

Place2Be

National charity providing emotional support for children in schools.

Call: 0207 923 5500 for information about local services.

Visit: www.place2be.org.uk

Premier Lifeline

The National Christian Helpline. Being there at the end of the phone. A place where faith and compassion meet.

Call: 0300 111 0101 (9am-midnight, 7 days a week)

Rape and Sexual Abuse Support Centre

Call: 0808 802 9999 (Tuesday and Wednesday 12 – 2.30pm. 7 – 9.30pm)

Survivors UK

For male abuse victims:

Call: 0845 122 1201 (Tuesday and Wednesday 7 – 9.30pm)

National Self Harm Network

Call: 0800 622 6000 (Daily 7 – 11pm)

Rethink Mental Illness

Support and advice for people living with mental illness:

Call: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

Visit: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair:

Call: 116 123 (free 24-hour helpline)

Visit: www.samaritans.org.uk

Sane

Charity offering support and carrying out research into mental illness.

Call: 0845 767 8000 (daily, 6-11pm)

SANEmail email: sanemail@org.uk

Visit: www.sane.org.uk

Winston's Wish

National charity for bereaved children

Call: 08088 020 021

Young Minds

Information on child and adolescent mental health. Services for parents and professionals.

Call: Parents' helpline 0808 802 5544 (Mon-Fri, 9.30am-4pm)

Visit: www.youngminds.org.uk