

## Psychological and Trauma Support

**Introduction:** It can be difficult getting support for any psychological trauma you have been through because there is so much demand for services. Some suggestions are below. They all have websites which we would recommend you visit.

**Your GP:** try asking your GP to refer you for mental health or counselling support. You could be lucky. The GP at least should be able to direct you to other services that might help.

**Mental Health Integrated Network Teams (MINT):** Community-based teams that focus on supporting people's mental health, alongside their physical health and social care needs. The teams work closely with GPs, social services, the voluntary sector and other organisations to offer treatment and care in a more integrated - or joined up way. Referral is by your GP. Not EASE.

**Social Prescribing, Acton**— an NHS scheme where local agencies like EASE refer people who need low level mental health support to a social prescribing link worker who then works with the individual to develop a personalised care & support plan. Lissa to establish latest referral process and accessibility/timelines generally (5Nov24)

**Mental Health Helpline: Freephone 0800 328 4444.** Offers help & advice in a crisis from trained mental health advisers and clinicians. It's available 24 hours a day, 7 days a week, 365 days a year.

**Improving Access to Psychological Therapies (IAPT).** IAPT Ealing offers talking therapies for people over 18 who have a GP in the London Borough of Ealing. Sessions are structured and take place over a short time, usually about 8 weeks to 10 weeks. Therapy is offered in different ways: face to face, in groups, over the phone, using video chat on your mobile device, smartphone or computer. You can ask your GP to refer you or [make a referral online](#) for yourself. Telephone: [020 3830 5640](#).

**Ealing Safe Space,** They're a local hub for anyone who feels they're nearing crisis point, based at The Lido Centre, 63 Mattock Lane, W13 9LA. Operates a drop in service 7 days a week, between 3-7pm 7 days a week. Or else you can make a formal appointment for between 7pm-10pm either by calling 0207 471 0583 (open 12noon-10.30pm daily) or completing an on-line referral form [hfehmind.org.uk](http://hfehmind.org.uk).

**Barnardo's Boloh Helpline**, supporting the mental health and wellbeing of adult asylum seekers across the UK. It's funded by the Home Office from September 2022 until 31st January 2025 and offers advice, signposting, emotional support and 8 free sessions of therapy by qualified Barnardo's therapists. The sessions can take place remotely via telephone or online. The Helpline is open Monday – Friday (10am-8pm) and Saturday (10-3pm) via phone 0800 151 2605, webchat and email [Boloh.helpline@barnardos.org.uk](mailto:Boloh.helpline@barnardos.org.uk).

**The Helen Bamber Foundation:** a charity that provides specialist therapy support for victims of torture and trafficking. You can self-refer via an online application form. [Referrals | Helen Bamber](#). Or if you would like EASE to manage the referral for you please ask.

**The Refugee Council** provides specialist mental health support to help refugees rebuild their lives, including the London Therapeutic Adult Counselling Service. **If you would like to be referred for support please advise EASE and they will make the referral for you.**

**Freedom from Torture** help people recover from post-traumatic stress disorder (PTSD), depression, anxiety and other problems caused by trauma. They offer trauma specific therapies, as well as psychodynamic, systematic, integrative and group therapies. They also provide an interpreting service to people receiving therapy from them. Phone: 0207 697 7777 or make an online referral.

**Papyrus** A confidential support and advice service **HOPELINE247** for young people struggling with thoughts of suicide, and for anyone worried about a young person. Open every day, all year.

- Call: 0800 068 41 41
- Text: 07860 039967
- Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**The Samaritans:** Free 24 hour support. A safe place to talk about whatever's getting to you. They won't judge or tell you what to do, they will listen to you.

- Email: [jo@samaritans.org](mailto:jo@samaritans.org)
- Call: 116 123

**Shout Crisis Text Line** "Shout" offers a confidential and free 24/7 crisis support for times when you need immediate assistance. **Text "SHOUT" to 85258.** A counsellor will then call you back.

**Mosaic Minds:** A free and confidential Mental Health Counselling Service for BAME Communities in Hounslow. To access the service you need to be 18+ and living in Hounslow. People can self-refer. Phone: 0208 8577 6059

**Salvation Army (Human Trafficking)** You will be assigned a personal support worker either at a new safe place or else where you're currently staying. They will work with you to create an individual plan of support, informed by their guidance & expertise. Phones: 0800 808 3733