



## Bereavement Support

### Afghan Association Paiwand Ltd

- Offers free one-to-one counselling and psycho-education in Dari and Farsi for refugees and migrants, including bereavement support.
- Serves adults in Ealing, Brent, Harrow, and surrounding boroughs.
- Tel: 07432 728 424 → Ramzia Akbari, Senior Counsellor & MH Project Manager; Email: [ramzia.akbari@paiwand.com](mailto:ramzia.akbari@paiwand.com)

### Cruse Bereavement Care

- National bereavement charity offering free telephone, email, group and local branch support in English, Welsh, Scots Gaelic.
- While not Farsi-specific, interpreters may be available or they may signpost to culturally appropriate local support.
- Helpline: 0808 808 1677

### Community Advice Programme (Ealing)

- Offers free advice in Farsi, including signposting to mental health and counselling services.
- Can help with referrals to the above services, or link to culturally appropriate therapy providers.
- Tel: 020 8579 3861 | Email: [farsi@multikulti.org.uk](mailto:farsi@multikulti.org.uk) | Address: Longfield Avenue, W5 2UQ.
- Specifically supports Ealing residents and Farsi speakers.

### Middle East Christian Minority Advice Centre

- Provides free advice and advocacy in Farsi, including mental health signposting for refugees and asylum seekers in West London.
- Although not strictly limited to Ealing, they serve the broader West London region and speak Farsi.
- Tel: 020 8569 7328 | Email: [farsi@cmacentre.org.uk](mailto:farsi@cmacentre.org.uk) | Address: South Ealing Road W5.

### Wellbeing West London Directory (HFEH Mind)

- This directory allows you to search by language needs (including Farsi) and location (Ealing) to find relevant services and support groups.
- You can email or call for tailored listings.
- Tel: 020 8571 7454 | Email: [signposting@hfehmind.org.uk](mailto:signposting@hfehmind.org.uk)



## Additional, urgent Emotional Crisis Support (Available in English)

- West London NHS Mental Health Helpline (SPA): 24/7, 0800 328 4444 — immediate support, referrals, crisis advice.
- SANEline (emotional support for mental illness): 0300 304 7000, 4:30 pm–10:30 pm daily.
- Samaritans: Call 116 123 for free, confidential support 24 hours a day, 7 days a week. You can also email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)
- NHS 111: Call 111 24 hours a day to speak to someone who can help you find the right place to get help.
- Breathing Space: Call 0800 83 85 87 for information and advice when you're feeling down.
- Rethink Mental Illness: Call 0300 5000 927 Monday to Friday, 10am to 2pm for practical advice.
- Mind: Call 0300 123 3393 for information about mental health problems, where to get help, and more.
- Campaign Against Living Miserably (CALM): Call 0800 58 58 58 from 5pm to midnight every day.
- Papyrus: Call 0800 068 41 41 or text 07860 039967.
- SOS Silence of Suicide: Call 0808 115 1505 from 8pm to midnight Monday to Friday, and 4pm to midnight Saturday and Sunday.

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