

Resource pack for North West London Suicide Prevention

<u>Service</u>	<u>Website</u>	<u>Email</u>	<u>Phone #</u>	<u>Borough/Area</u>	<u>Description</u>
NHS Shout	https://giveusashout.org/		Text 'LISTEN' to 85258	All	Confidential 24/7 text service offering support if you're in crisis and need immediate help.
Campaign Against Living Miserably (CALM)	https://thecalmzone.net/		0800 58 58 58	All boroughs	Provides listening services, information and support for anyone who needs to talk, including a web chat.
Alcoholics Anonymous	https://www.alcoholics-anonymous.org.uk/	help@aamail.org	0800 9177650	All boroughs	AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.
SMART Recovery	About Online Meetings - UK SMART Recovery		0330 053 6022	All boroughs	SMART holds both face-to-face and online meetings which support people in managing harmful addictive behaviour. The SMART Recovery Programme helps individuals and family members of those who are struggling. They also have

					women's only meetings and those specifically for members of the LGBTQ+ community.
Families Anonymous	https://www.famanon.org.uk	office@famanony.org.uk	020 7498 4680	All boroughs	Families Anonymous is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems.
Talk to Frank	https://www.talktofrank.com	frank@talktofrank.com	0300 123 6600	All boroughs	Information and advice about Drugs
Drinkline	Get help now Alcohol Change UK		0300 123 1110	All boroughs	A free, confidential helpline for people who are concerned about their drinking, or someone else's. Call 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)
AL-ANON	Al-Anon UK For families & friends of alcoholics		0800 0086 811	All boroughs	Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.
Nacoa	http://www.nacoa.org.uk/	helpline@nacoa.org.uk	0800 358 3456	All boroughs	support anyone affected by their

					parent(s) drinking, including adults
UKNA - Narcotics Anonymous	Welcome to UKNA UKNA Narcotics Anonymous in the United Kingdom			All boroughs	NA exists solely so that its members can support each other to stay drug free and to help others achieve and maintain a drug free recovery and lifestyle
The Samaritans	Samaritans Every life lost to suicide is a tragedy Here to listen	io@samaritans.org	116123	All boroughs	24/7 helpline providing compassion and support
Drink and Drugs News Addiction Directory	Addiction Treatment Directory - Drink and Drugs News			All boroughs	This directory contains listings for alcohol support services in England, Scotland, and Wales, including residential detox and rehabilitation treatment, programmes for young people, and supported living accommodation.
James' Place	https://jamesplace.org.uk/	london@jamesplace.org.uk	020 3488 8404	All boroughs	Free, non-residential therapy and support for men aged 18 and over in suicidal crisis. Support is delivered face to face at one of two centres in

					Liverpool and London.
Maytree Suicide Respite Centre	Maytree We're open to suicidal feelings		020 7263 7070	All boroughs	Offers free respite stays for people in suicidal crisis.
Papyrus	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)	pat@papyrus-uk.org	080 0068 4141	All boroughs	Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am–midnight.
SOBS	https://uksobs.org/	email.support@uksobs.org	0300 111 5065	All boroughs	only UK-based organisation offering peer-led support to adults impacted by suicide loss. We help individuals support each other, at the time of their loss and in the months and years that follow. We aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.
Switchboard	Switchboard LGBT+ Helpline	hello@switchboard.lgbt	0800 0119 100	All boroughs	LGBT+ Helpline. We are a safe space for anyone to discuss anything, including sexuality, gender

					identity, sexual health and emotional well-being.
Self Injury Support	https://www.selfinjury.support.org.uk/			All boroughs	a UK-wide multi-channel support service for women & girls affected by self-injury, trauma and abuse
Mind	Mind helplines - Mind	info@mind.org.uk	0300 123 3393	All boroughs	Mental Health Charity with advice services, support services and information resources.
The Mix	The Mix - Essential support for under 25s		0808 808 4994	All boroughs	Support and advice for under 25s, including a helpline, crisis messenger service and webchat.
Sane	sane.org.uk	info@sane.org.uk	0300 304 7000	All boroughs	Offers emotional support and information for anyone affected by mental health problems, including a helpline.
Students Against Depression	https://studentsagainstdepression.org/		01635 869754	All boroughs	Information and support for students experiencing suicidal feelings, including a helpful safety plan template.
One Community	https://www.instagram.com/one.community.london/			All boroughs	One Community is a social network - a vibrant change

					movement working with people with mental health conditions co creating collaborative spaces of thinking of being of doing.
Body & Soul	www.bodyandsoulcharity.org	rachelb@bodyandsoulcharity.org	020 7278 3370	All boroughs	Body & Soul is an innovative charity that uses a comprehensive, community-based and trauma informed approach to address the life-threatening effects of childhood adversity in people of all ages.
Woman and Girls Network's sexual violence helpline	Home Women and Girls Network (wgn.org.uk)		0808 801 0770	All boroughs	Helpline for women and girls who have experienced sexual violence at any point in their lifetime
SurvivorsUK web chat	https://www.survivorsuk.org/	help@survivorsuk.org	203 598 3898	All boroughs	For male survivors who want to explore their difficulties in confidential space
The Rape Crisis National helpline	Rape Crisis England & Wales		0808 802 9999	All boroughs	A free phone and online chat service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault,

					sexual harassment or any other form of sexual violence.
Galop's National LGBTQ+ domestic abuse helpline	https://galop.org.uk/	help@galop.org.uk	0800 999 5428	All boroughs	Our helpline is for LGBTQ+ people experiencing abuse or violence, such as hate crime, domestic abuse, sexual violence, so-called "conversion therapy" or any other kind of abuse.
Women's aid directory of support services	<u>Women's Aid Directory - Women's Aid (womensaid.org.uk)</u>	info@womensaid.org.uk		All boroughs	A directory contains up to date information about domestic abuse support services across the UK. There is a Live chat too.
Survivors Gateway	<u>Looking for support after sexual violence? (survivorsgateway.london)</u>		0808 801 0860	All boroughs	The Gateway is a non-emergency service to help survivors find support options.
Men's Advice Line	<u>Domestic Abuse Helpline for Men Men's Advice Line UK (mensadviceline.org.uk)</u>	info@mensadviceline.org.uk	0808 8010 327	All boroughs	The Helpline for male victims of domestic abuse
Respect Phonenumber	<u>Help For Domestic Violence Perpetrators </u>	info@respectphonenumber.org.uk	0808 8024040	All boroughs	Respect Phonenumber is a confidential helpline, email and webchat service for

	Respect Phonenumber UK				domestic abuse perpetrators and those supporting them. We support men and women who are using abuse in same-sex or heterosexual relationships, from anywhere in the UK.
Sign Health	https://signhealth.org.uk/	info@signhealth.org.uk	020 3947 2600	All boroughs	Improving Deaf people's health and wellbeing. The services offer support through mental health challenges, domestic abuse, and more
National Domestic Abuse Helpline	Home Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk)	Contact us Refuge National Domestic Abuse Helpline (nationaldahelpline.org.uk)	0808 2000 247	All boroughs	Supporting women fleeing domestic abuse and other forms of gender-based violence.
Stalking Support	Suzy Lamplugh Trust		0808 802 0300	All boroughs	If you're being stalked, the National Stalking Helpline can offer free help and advice.
Silver Project	https://www.solacewomensaid.org/	silverproject@solacewomensaid.org	0808 802 5565	All boroughs	We work with women over 55 who have current ongoing support needs (unless historic abuse is still affecting current support

					needs). Please be aware that we can only offer practical support. We can offer face to face support in Islington, Camden, Haringey, Enfield, Waltham Forest and Southwark. All other London boroughs will receive telephone support only.
Bright Sky App	Bright Sky app Hestia	brightsky@hestia.org		All boroughs	Bright Sky is a safe, easy to use app and website that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse, or who is worried about someone else.
The New Normal	Home The New Normal (thenewnormalcharity.com)	info@thenewnormalcharity.com		All boroughs	Changing the way we discuss our grief, mental health and well-being in open and honest spaces through peer-to-peer support.
Cruse Bereavement Care	Home - Cruse Bereavement Support		0808 808 1677	All boroughs	Bereavement support through one-to-one support and a helpline.

Suicide&co	Suicide&Co Support after Suicide Bereavement (squarespace.com)	info@suicideandco.org	0800 054 8400	All boroughs	To support bereaved individuals and open the conversation around suicide-related grief.
Facing the Future	https://www.facingthefuturegroups.org/	ftf@cls.org.uk	0207 758 0667	All boroughs	Facing the Future support groups will give you the opportunity on Zoom to meet others who have lost someone to suicide and share your experiences and feelings.
Sobriety Films UK	HOME My Site (sobrietyfilms.com)	sobrietyfilmsuk@gmail.com		All boroughs	A social enterprise that uses film to raise awareness of recovery and champion recovery for those that need healing from addiction, mental ill health and trauma.
The Traveller Movement	Home The Traveller Movement	info@travellermovement.org.uk	020 7607 2002	All boroughs	A national civil society organisation comprised of ethnic Romany Gypsies, Irish Travellers, Roma
Outside Edge Theatre Company	https://www.edgetc.org/	admin@edgetc.org	0207 371 8020	All boroughs	Theatre company and participatory arts charity focused on improving the lives of people affected by any form of addiction,

					including their families, carers and champions
Migrants Organise Ltd	Home - Migrants Organise	info@migrantsorganise.org	020 8964 4815	All boroughs	Migrants Organise provides a platform for refugees and migrants to organise for power, dignity and justice to enable meaningful inclusion and integration. We combine advice and support for individuals affected by the hostile environment immigration policies with community organising, advocacy, research and campaigning to help dismantle structural racism.
Br8ke The Silence	LinkedIn			All boroughs	We are a community interest company that has a deep commitment to help all men be heard and help build a culture of speaking up, listening to each other and sharing with each other.
Smile of a King	Mental Health Support For Young	smileofakingfoundation@gmail.com		All boroughs	We want to help to tackle mental health

	Black Men Smile Of A King Foundation London				issues within the Afro-Caribbean male community. We want to be able to liaise with a collocative of counsellors/therapist to channel their services. This referral would last a minimum of three months (12 sessions) and we would also want to offer it to men recently released from prison. We believe it would have a major positive impact on their mental health.
For Women	Mental Wellbeing For Women Cic London (forwomengroup.org.uk)	forwomengroup@gmail.com	07874 234874	All boroughs	Through various activities, which span from peer-to-peer talking groups, mental health and wellbeing sessions, mind and body exercise classes, group day trips (and much more)! We are dedicated to tackling loneliness and isolation and supporting women to not just live, but to thrive in life.

Wellbeing for Us	Home - Wellbeing For Us.	Home - Wellbeing For Us.		All boroughs	We are a friendly and caring platform helping you get support with a qualified and experienced mental health team.
BME Health Forum	BME Health Forum :: Home (bmehf.org.uk)	nafsika.thalassis@bmehf.org.uk	07958 479 217	All boroughs	The BME Health Forum is a well-established partnership of Black, Asian and Minority Ethnic (BAME) community organisations. Our mission is to reduce health inequalities experienced by BAME communities across London. We achieve this by delivering health and wellbeing services, helping our partners and their communities influence healthcare policy and provision, and strengthening BAME organisations.
Good Thinking	Digital mental health and wellbeing support for Londoners Good			All boroughs	Digital Well-Being resources for Londoners

	<u>Thinking (good-thinking.uk)</u>				
Londons Life Lines	<u>Food aid volunteering - London's Lifelines (londonlifelines.org)</u>			All boroughs	A group of London-based organisations, charities and networks who've come together to form the London Volunteering Strategy Group (LVSG). Aims to show the scale and scope of volunteering in London
London Plus	<u>Support in London during the cost of living crisis - London Plus</u>			All boroughs	List of organisations, to signpost and match support for those affected by the rising cost of living.
Thrive London	<u>https://thrivedn.co.uk/communications/toolkits-and-resources/toolkit/thrive-ldn-communications-toolkit/</u>	<u>info@thrivedn.co.uk</u>		All boroughs	Thrive London is a citywide public mental health partnership to ensure Londoners have an equal opportunity for good mental health and well-being. See toolkit and resources
Money and Mental Health Policy Institute	<u>Money and Mental Health - a charity founded by Martin Lewis</u>			All boroughs	We're working for a world in which the vicious cycle of money and mental health problems is broken, so that we all have an equal

					chance of financial security, regardless of our mental health; and everyone's mental health can flourish, regardless of their financial circumstances.
Gam	https://www.ygam.org/book-a-workshop/	hello@ygam.org	0203 837 4963	All boroughs	Our social purpose is to inform, educate, safeguard young people against gaming and gambling harms. Our vision and strategy are guided by and contribute to the Gambling Commission's National Strategy to Reduce Gambling Related Harms.
MoneyHelper advice finder	Debt Advice Locator Syndication MoneyHelper			All boroughs	Tool to find free local debt advice for individuals* *Use this tool and avoid a Google search which may return paid-for or unregulated services and providers
Debt Free Advice	Welcome to Debt Free Advice			All boroughs	Find your local debt advice centre in London

Citizens Advice	Citizens Advice	https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/	0800 144 8848	All boroughs	Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.
Support After Suicide	Support After Suicide			All boroughs	Provide individuals who have been bereaved by suicide with appropriate and timely support through a directory.
The Compassionate Friend	https://www.tcf.org.uk/	helpline@tcf.org.uk	0345 123 2304	All boroughs	Organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children through a helpline and other support.
Ashford Place	https://www.ashfordplace.org.uk/	info@ashfordplace.org.uk	020 8208 8590	Brent	Provides help and support to people on Housing, Health and Employment
Hestia	Hestia Life Beyond Crisis	info@hestia.org	020 7378 3100	Brent	We support people at the moment of crisis and enable them to build a life beyond a crisis

Resources for Autism	Home - Resources for Autism	admin@resourcesforautism.org.uk	020 8458 3259	Brent	Provide practical services for children and adults with a diagnosis of autism and for those who love and care for them.
Real UKU	Real UKU Brent's One-Stop Youth Learning Centre	info@realuku.org.uk		Brent	We have created a One Stop Learning Centre for Brent's youth and creative people. RealUKU was created as a way to provide a learning experience that can take this generation, and the next, into the "new normal" that society is being forced to get used to.
Family Friends	Family Friends Befriending and Mentoring Services West London	info@familyfriends.uk.com	0204 568 8832	Brent, Hammersmith, Fulham, Kensington, Chelsea, Westminster	Support low-income families. Through a network of trained volunteers we provide befriending services to families living in Kensington & Chelsea, Hammersmith & Fulham, and Brent.
CNWL Check in & Chat Service	Check in & Chat :: Central and North West London NHS	cnwl.check-inandchat@nhs.net	020 7685 5638.	Central and North West London	A friendly, compassionate and supportive service for individuals who may

	Foundation Trust (cnwl.nhs.uk)				be experiencing loneliness, isolation, exhaustion, poor mental health or who just feel they need a listening ear. The service is for unpaid carers of people who are accessing a CNWL service.
Survivors of Bereavment by Suicide	Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)	london@uksobs.org		Central, Haringey and Lewisham	Meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide. We offer peer led support groups, online virtual support groups, a national telephone helpline, online community forum and email support
Recovery Intervention Services Ealing (RISE)	https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/recovery-intervention-services-ealing-rise-central-hub	ealing.rise@nhs.net	020 8567 4772 or 0800 195 8100 (24 hour line)	Ealing	a community service provided in partnership by CGL, Build-on-Belief (BOB) and CNWL as a free and confidential service for people who live in the London Borough of Ealing.

EACH Counselling	https://eachcounselling.org.uk/substance-misuse/	info@eachcounselling.org.uk	020 8577 6178	Ealing	EACH Ealing offers an abstinence based, structured programme to people concerned about their alcohol or drug use.
The Log Cabin	www.logcabin.org.uk	info@logcabin.org.uk	020 8840 3400	Ealing	The Log Cabin, Ealing, is a place where local children and young people with additional needs or disabilities can socialise, grow and have fun.
The Upper Room	https://theupperroom.org.uk/	ur4meals@theupperroom.org.uk	020 8740 5688	Hammersmith & Fulham	Homeless charity in West London providing meals, job support, counselling & driving licences for ex offenders
Dads House	Dads House - Helping Dads...be Dads	info@dadshouse.org.uk	07765 183504	Hammersmith & Fulham	Bringing together dads to share their experiences and receive practical and emotional support.
Wilde Foundation	WILDE Women Into Literature, Development and Empowerment (wildeinternationalnetwork.org.uk)	wilde2000@btopenworld.com		Hammersmith & Fulham	The WILDE Foundation is a platform created to promote, educate, empower and heal women and girls, victims and survivors of all kinds of abuse.

Wellbeing West London	Wellbeing West London	signposting@hfehmi.org.uk	0208 571 7454	Hammersmith & Fulham, Ealing, Hounslow	A directory of support services across Hammersmith, Fulham, Ealing and Hounslow
Mind - Safe Space	Safe Space - Hammersmith, Fulham, Ealing and Hounslow Mind (hfehmind.org.uk)	enquiries@hfehmind.org.uk	0208 571 7454	Hammersmith, Fulham, Ealing and Hounslow	Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers. Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers.
The Listening Place	Home - The Listening Place	administration@listeningplace.org.uk	020 3906 7676	Hammersmith, Fulham, Westminster and Bloomsbury	To provide those who feel life is no longer worth living with a safe place to come and talk freely and confidentially to warm, non-judgemental volunteers who are willing to engage with their feelings and support them through their darkest times.
Compass Young People's Substance Misuse Service	https://www.compass-uk.org/services/harrow-young-peoples-substance-misuse-service/	adminharrow@compass-uk.org	020 8861 2787	Harrow	A free, confidential service for children and young people who need support around their own or another person's drug or alcohol

					(substance) use. Young people under 18 years of age can be referred to us and we can then work with them up to the age of 24.
WDP Harrow Adult Substance Misuse	https://www.wdp.org.uk/find-us/london/harrow-0	harrow@wdp.org.uk	0300 303 2868	Harrow	Our service is free and open to all Harrow residents aged 18 or over, as well as their families and carers. Any professional, such as housing support worker, social worker or nurse, can make the referral on your behalf. You can also visit our service in person or contact us by phone.
Via	https://www.viaorg.uk/services/harrow/	harrow@viaorg.uk	0300 303 2868	Harrow	Provide free and confidential advice, care and support for people in Harrow aged 18+.
Breaking Bread	Breaking Bread Trust – A charity based in NW London working with organisations, businesses, charities and individuals to help the most	info@breakingbreadt rust.org	0345 034 3989	Harrow	Supporting vulnerable people through meal distribution and services.

	vulnerable in our society				
Voluntary Action Harrow	Voluntary Action Harrow Co-operative - Care Support Empower	contact@voluntaryactionharrow.org.uk	020 8861 5894	Harrow	One-to-one help and support through clinics, which provide a space for you to speak with us about issues, challenges or solutions.
Centre for ADHD & Autism	Home - Centre for ADHD and Autism Support	enquiries@adhdandaautism.org	020 8429 1552	Harrow	To support, educate and empower individuals diagnosed with ADHD or who are autistic, their families and the community
Afghan Chess Club	Youth and Sport Activities - Afghan Association of London - Harrow Afghan Association of London - Harrow (afghanassociationlondon.org.uk)	aalharrow@aol.com	020 8861 6990	Harrow	The Afghan Association of London (Harrow) holds regular sports activities for anyone of any age.
ARCH Hillingdon	https://archhillington.org/	arch.hillingdon@nhs.net	0203 838 7850	Hillingdon	This free and confidential service is available to young people and adults who live or are registered with a GP in Hillingdon!
Addiction Recovery Community (ARC) Hounslow	https://www.cnwl.nhs.uk/services/mental-health-services/addictions-	cnw-tr.archounslow@nhs.net	0189 548 8675	Hounslow	A free and confidential service for people living in Hounslow

	and-substance-misuse/arc-hounslow				
Sunshine of Hounslow	Sunshine of Hounslow - Home	Contact - Sunshine of Hounslow		Hounslow	Sunshine of Hounslow is a local community group serving residents who want support as isolated men and women in the community through health and wellbeing activities and advice
Creative Spaces London	Creative Spaces London	rachel@creativespacesldn.com		Hounslow	Free weekly wellbeing sessions for mums.
Autism Hounslow	World Through The Eyes Of Autism Autism Hounslow England	adultautismhounslow@outlook.com	07401 715229	Hounslow	We - autistic people - families, friends and carers live in Hounslow and we do fun things and strive to enjoy life. We exchange information and ideas and work with other organisations to ensure autistic people can access work, community and leisure activities locally
She Wise	Support For Women SHEWISE United Kingdom	support@shewise.org	0333 1881 505	Hounslow	SHEWISE is a voluntary sector organisation working at the grass root level to support the

					<p>educational, economic, social development and mental wellness of all women particularly with South Asian and Middle Eastern women and young girls. We offer safe haven services and multi-level programs that are culturally sensitive, personal and understandable to ethnic women and girls. Our programs provide a holistic mixture of engaging bilingual workshops, skill development activities and mental wellness initiatives that target multiple barriers. We provide opportunities for women and young girls to exercise expression, explore creativity, and practice physical movement.</p>
Wilfrids house	https://wilfridshouse.org/	info@wilfridshouse.org		Kensington & Chelsea	Affordable counselling

Insight RBKC & Westminster	https://insightyoungpeople.org.uk/our-services/insight-kc/	insight@humankindcharity.org.uk	020 8960 5510	Kensington & Chelsea	provide information, advice and help to young people between the ages of 12 – 25 who are living with or affected by drug or alcohol issues.
SPID Theatre	https://spidtheatre.com/	youth@spidtheatre.com	07903 861 674	Kensington & Chelsea	SPID Theatre makes art that advocates housing justice. Our high quality youth theatre takes place on council estates
Build on Belief	https://www.buildonbelief.org.uk/	bob@buildonbelief.org.uk	- Tim Sampey 077 3979 6054 - Ani Hohmann 075 9704 6433	Kensington & Chelsea, Ealing, Hammersmith & Fulham, Harrow, Hillingdon	Designing, implementing and running weekend services for people who are struggling with, or are in recovery from their substance use; namely drugs and alcohol
Club Drug Clinic	https://www.clubdrugclinic.cnwl.nhs.uk/	clubdrugclinic.cnwl@nhs.net	020 3317 3000	Kensington & Chelsea, Hammersmith & Fulham, Westminster	Free, confidential NHS service supporting people who want to change the way they are using recreational drugs.
Change Grow Live	https://www.changegrowlive.org/	thealcoholserviceinfo@cgl.org.uk	0800 0147 440	Kensington & Chelsea, Westminster,	A large alcohol treatment service provider charity. It has a postcode

				Hammersmith & Fulham	search function of its services
Kensington and Chelsea Talking Therapies Service (Community Living Well)	Kensington and Chelsea Talking Therapies Service (Community Living Well) :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)	cnw-tr.clw@nhs.net	020 3317 4200	Kensington and Chelsea	free, confidential NHS service for psychological treatment for depression and anxiety disorders.
Psychological Therapies (South Hub)	Self-Refer Community Living Well		020 3317 4200	Kensington and Chelsea, Queens Park and Paddington.	Psychological Therapies Service is a free, confidential NHS service which provides psychological therapies and support for anxiety, depression, stress and worry to people
NextMeal	https://nextmeal.co.uk/			Online resource	A list of all the food charities in any area using a postcode search
Hub of Hope	Mental Health Support Network provided by Chasing the Stigma Hub of hope			Online resource	A directory of support services.
MECC link	MECC Link			Online resource	Signposting website by concern and borough
Dual Diagnosis Hub	Dual Diagnosis Hub Dual Diagnosis	hello@dualdiagnosis.org.uk	0754 599 0335	Online resource	We develop & signpost online information, tools,

	Recovery Resources for All				support groups, and resources for people with dual diagnosis – a co-occurring mental health and addiction issue
Man On!	Man On My Site (wfctrustmentalhealth.com)	kennedy.morgan@watfordfc.com		Watford	mental and physical health service for men aged 18+. The service started in 2018 to counteract the increasing cases of suicide rates in men and the negative stigma and barriers around their mental health.
The Wellbeing and Recovery College	Wellbeing & Recovery College :: West London NHS Trust	bookings.recoverycollege@westlondon.nhs.uk	020 8483 1456	West London	Free online and in person courses in West London
West London learning	https://www.westlondon.nhs.uk/professionals/west-london-learning			West London	Support learning and development for colleagues in our partner organisations to increase their understanding of how to provide safe and effective care
I need help now	I need help now (westlondon.nhs.uk)		0800 328 4444	West London	Help in a mental health crisis or emergency with 24 hour helpline
Westminster Talking Therapies	Westminster Talking Therapies :: Central	westminster.iapt@nhs.net	030 3333 0000	Westminster	Westminster Talking Therapies is a free,

	and North West London NHS Foundation Trust (cnwl.nhs.uk)				confidential NHS service which provides psychological treatment for depression and anxiety disorders.
STRIDES	STRIDES: Support to Recovery in Disordered Eating Service (cnwl.nhs.uk)	cnwl.strides@nhs.net	0203 028 7080	westminster, Hillingdon, Kensington and Chelsea, Brent, Harrow	Support to Recovery in Disordered Eating Service for 18-25s
North Central London Support After Suicide Service	North Central London Support After Suicide Service (rethink.org)	supportaftersuicide@rethink.org	07483 368 700	Camden, Islington, Barnet, Enfield and Haringey	Our Support After Suicide Service is for people who have been bereaved by suicide who live, work or study in the 5 North West London boroughs of Camden, Islington, Barnet, Enfield and Haringey