

You can refer yourself to many
services...

Mental Health

Hounslow IAPT

For help with mental health, you can refer yourself to the Hounslow Improving Access to Psychological Therapies (IAPT) service, which provides free talking therapy & employment support for people aged 18 + registered with a GP in Hounslow borough. IAPT offers a range of brief talking therapies - incl. for anxiety disorders and depression. <http://www.hounslowiapt.nhs.uk/accessing-the-service/self-referral/>

SWAP (Social Wellbeing and Prevention team)

The SWAP team works to provide you with support from the community so that you can combat isolation, stay independent and stay mentally healthy. It runs Healthy Minds Drop-in sessions at times and places convenient to you. Refer yourself by calling 0208 583 3003 or email Adultsocialcare@hounslow.gov.uk

Friends of Cathja

Friends of Cathja is a charity which provides an opportunity for people suffering with mental health problems to explore their creativity in a safe and supported environment. Call 0208 560 8360 or email info@cathja.org

Wellbeing Network

The Wellbeing Network is a place where you can connect with others and find out about valuable support networks. Look out for meetings, activities and classes in and around Hounslow that can help you connect with people locally - call 07710760687 or email hello@wellbeing-network.org

Nutrition and exercise

OneYou Hounslow

Hounslow's One You service can help you make simple changes that can double your chances of enjoying a healthier life for longer, including advice on how to eat well & keep your weight under control. You can register for free 1-to-1 support and get access to a variety of free local services in the borough of Hounslow. <https://www.oneyouthounslow.org/eat-well/>

Green Gym

Fun and free outdoor exercise sessions where you'll be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. The emphasis is on health and fitness. Call Chloe on 07717494476 or email chloe.crompton@tcv.org.uk

Addiction

Stop drinking/drug abuse - iHEAR

This is an adult drug & alcohol service for Hounslow. iHEAR services are available to anyone aged 18 +, living in Hounslow. <http://www.ihearpartnership.org/services/how-get-help/referrals/>

ARC (Addiction Recovery Community) Services

ARC can also help with drug/alcohol addiction recovery in Hounslow (Montague Hall) - for more info <https://www.cnwl.nhs.uk/service/addiction-recovery-community-arc-hounslow/>. To refer yourself, call 020 8538 1150, or arc.hounslow@nhs.net

Stop smoking - OneYou Hounslow

OneYou Hounslow runs drop in clinics at different locations around the borough. <https://www.oneyouthounslow.org/stop-smoking/>

Adults with learning disabilities

Community Learning Disability Team

The Community Learning Disability Team provides health & social care to adults who meet eligibility criteria and who live in the borough of Hounslow. The team includes: Social workers; Community learning disability nursing; Dietician; Physiotherapy; Psychiatry; Psychology; Speech & language therapy; Positive behaviour support
<http://www.hrch.nhs.uk/our-services/services-directory/services-in-hounslow/learning-disabilities/>

Independence

My Independence Services

For info, advice & guidance regarding housing, health & care issues (inc. mental wellbeing, isolation, social services, support workers, advocacy, advice on caring, housing advice, access to Taxicard/Blue Badge) - call 0208 583 3942/email myindependence@hounslow.gov.uk

Hounslow Falls Prevention Service

If you'd like a falls assessment carried out in your home, contact 0208 583 3038 to arrange a visit. Or you can email falls.Prevention@hounslow.gcsx.gov.uk

Other services

Hounslow Domestic and Sexual Violence Outreach Service

Provides free and confidential advice and support to anyone affected by domestic and sexual violence living in the London Borough of Hounslow. This can include Forced Marriage, so called "Honour" Based Violence, Stalking and Harassment.

Call the Independent Domestic Violence Advisors on 020 8247 6163 or the Independent Sexual Violence Advisor on 020 8247 6163 or 07775 540 642, in confidence, to discuss your options and practical ways to stay safe. Lines open Monday to Friday 8am to 4pm.

Ante-natal services

As soon as you find out you are pregnant you can contact West Middlesex Hospital directly if you like, to talk about using its services. You can send them a self-referral form or ask your GP for a referral. Below is West Mid's self referral for, but indeed you can contact any hospital to ask about using its ante-natal services. http://www.westmidmaternity.org.uk/choosing_referral.php

Recovering after injury -

Hounslow Community Recovery Service

The Hounslow Community Recovery Service can help you to recover after an illness, injury or health problem that changes your life - newly diagnosed or existing. It provides help with rehabilitation & reablement. <http://www.hrch.nhs.uk/our-services/services-directory/services-in-hounslow/community-recovery-service/>

Termination of pregnancy

To refer yourself for a termination, call the Central Booking Service on 0345 365 0207 or 0845 300 8090

Sleepio - for those having trouble sleeping. There's a free app you can use here... www.good-thinking.uk/sleepio