

**EALING
DIRECTORY
OF
COUNSELLING
SERVICES**

December 2007

A directory of counselling service providers jointly funded by
Ealing Primary Care Trust and the London Borough of Ealing
(and other mental health service providers).

This directory has been produced in response to direct request from GPs on the Ealing Primary Care Mental Health Collaborative. The demand was for up – to – date information about local psychological therapy provider services.

GPs wanted to know the skill mix of counsellors, how cases were allocated, what languages were spoken by the counsellors, how long clients had to wait for an appointment, what charges there were (if any), and precisely what problems could be referred to which agency. With this information, it is hoped to avoid bounced back referrals, inappropriate referrals and delays in clients accessing services.

It is hoped by providing specific information on Ealing Primary Care Trust/ London Borough of Ealing funded providers, GPs feel certain there is some form of quality control operating. All the providers specifically mentioned in this directory are subject to annual monitoring visits by the PCT.

Further information has been added. For example, some information is included outlining the main psychological therapy approaches. Also included is a further list of mental health resources which span the range of services provided to people with mental health problems. This is as up – to – date as possible and been compiled with the invaluable help of service user representatives.

It is hoped you find this directory a useful resource. Further, this information will be available on the Ealing LIT Mental Health Website:

www.ealingpct.nhs.uk/mentalhealthlit

For further information about this booklet, please contact:
Assistant Commissioning Manager – Mental Health
Ealing Primary Care Trust
1 Armstrong Way
Southall
London UB2 4SA
020 3313 9230

Different talking therapies

There are many psychological therapies and practitioners. Here are some of the therapies currently in use.

Behavioural therapy	People are encouraged to learn new ways of behaving through gradual changes and exposure to feared situations. They are often asked to keep diaries to record their activities and to monitor their progress. It is particularly useful in the treatment of phobias and anxiety.
Cognitive therapy or cognitive behavioural therapy (CBT)	Based on the fact that the way we feel is partly dependent on the way we think about events (cognition). It also stresses the importance of behaving in ways which challenge negative thoughts – for example being active to challenge feelings of hopelessness. Although it may sound like common sense, CBT is more than just positive thinking. Research suggests that it can be effective for people with both severe and moderate depression.
Counselling	Involves the client talking about their difficulties with a counsellor, who plays a supportive role, and may sometimes provide practical advice on problem-solving. Counselling is offered by various agencies including via the NHS and non-statutory organisations such as the Samaritans.
Family and relationship counselling	In some instances, it is useful for couples or families to work together in a therapeutic setting to resolve their difficulties. The therapist encourages dialogue counselling between the participants, in order to improve communication between them. This technique is also useful because it helps the therapist to understand each person's difficulties within the context of the group.
Group therapy	People who share a common problem (e.g. substance abuse or self harm) may be invited to participate in group therapy, using one or more of the therapeutic styles mentioned above in a group setting. Often people who participate in this therapy appreciate the support of others within the group who have actually experienced, or are experiencing, similar difficulties; it may help them to recognise that they are not alone in

	<p>their experiences, and to discover new ways of coping with their distress. Carers may also benefit from this therapeutic setting.</p>
<p>Psychoanalysis</p>	<p>Intensive, long-term treatment which encourages the individual to 'free associate' (i.e. to explore whatever comes to mind and make links with events or feelings from earlier in life). It is not usually available within the NHS</p>
<p>Psychoanalytic or psychodynamic psychotherapy</p>	<p>Similar to psychoanalysis except that the discussion concentrates on specific problems rather than 'free association'. May be helpful with neurotic and personality types of problems, including childhood abuse. Not widely available within the NHS</p>
<p>Psychotherapy</p>	<p>Sometimes used to describe all forms of talking treatments. Also used to describe talking treatments which are based on psychodynamic theory and practice.</p>
<p>Guided Self Help</p>	<p>People are individually supported to work their way through self help manuals focussed on generalised anxiety disorder, panic disorder and depression. The self help manuals are based on CBT.</p>
<p>Computerised Cognitive Behavioural Therapy (CCBT)</p>	<p>Ealing Primary Care Trust has 5 licences for "Beating the Blues" – a computer program that guides a person through a treatment program for depression. The program is based on CBT. Contact the PCT to find out which surgeries have this on site. All surgeries can refer into this program.</p>
<p>Books on Prescription</p>	<p>GPs have access to a list of self help manuals written by experts in the field that can help a person self manage their own problems. The GP gives a patient a "prescription" for a book as an 'early first treatment' step. The library holds these books for patients to loan for free. Available only in Acton in 2007.</p>
<p>Arts on Prescription</p>	<p>The Arts can improve mental health outcomes in two ways - as a therapeutic strategy and in providing a "meaningful activity" that can help reintegration into the wider community. GPs have a "prescription" that allows patients to access a</p>

	<p>mental health service user – led Arts organisation (Footsteps Arts Project) that provides access to music, arts and crafts and creative writing courses. Patients can attend weekly Arts Groups as an ‘early first treatment’ step. There is a very small charge. Available only in Acton in 2007.</p>
Exercise on Prescription	<p>Exercise has been shown as an effective treatment for depression. This scheme allows GPs to write a “prescription” for a patient to attend a facilitated exercise program as an ‘early first treatment’ step. Available only in Acton and Southall in 2007.</p>

Title of Organisation: Anchor – The Counselling Practice
Address: 48 Hartington Rd, Southall, UB2 5AY
Phone: 020 8867 7660
Website: www.anchorcounselling.org
Contact: Director/ Administrator

Description of Organisation:

This service is offered to all residents of Ealing over the age of 16, suffering from the problems identified below. This is a free, professional service where one can come and talk in a confidential and non – judgemental setting.

Problems covered (tick indicates problem covered)	<input checked="" type="checkbox"/> post natal depression	<input checked="" type="checkbox"/> parenting support
	<input checked="" type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
	<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
	<input type="checkbox"/> drugs	<input checked="" type="checkbox"/> sexual abuse
	<input checked="" type="checkbox"/> violence	<input checked="" type="checkbox"/> anger management
	<input checked="" type="checkbox"/> relationships	<input checked="" type="checkbox"/> sex problems
	<input checked="" type="checkbox"/> domestic violence	
	<input checked="" type="checkbox"/> other : PTSD, stress, less acute mental illness	

Languages spoken: English, French, Russian, Polish, Italian, Hindi, Punjabi, Bengali, Gujarati

Number of sessions offered: 12

Cost: Free

How referrals taken: From all professionals and self referral.

Wait time: Usually not more than two weeks. Please contact Anchor for up – to – date information.

Main therapies provided: Cognitive Behavioural Therapy, person – centred, psychodynamic, transpersonal counselling, art therapy

Disability access: Yes

Title of Organisation: Asian Family Counselling Service
Address: Suite 51, The Lodge, Windmill Place,
2-4 Windmill Lane, Southall UB2 4NJ
Phone: 020 8571 3933/ 8813 9714
Website: www.asianfamilycounselling.org.uk
Contact: Administrator

Description of Organisation:

Provides family, marital and individual counselling to the Asian community.
Clients should be over the age of sixteen

Problems covered (ticks indicate Problems covered)	<input checked="" type="checkbox"/> post natal depression	<input checked="" type="checkbox"/> parenting support
	<input checked="" type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
	<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
	<input type="checkbox"/> drugs	<input checked="" type="checkbox"/> sexual abuse
	<input checked="" type="checkbox"/> violence	<input type="checkbox"/> anger management
	<input checked="" type="checkbox"/> relationships	<input checked="" type="checkbox"/> sex problems
	<input checked="" type="checkbox"/> domestic violence	<input type="checkbox"/> other

Languages spoken: English, Punjabi, Hindi, Urdu, Gujarati, Sindhi

Number of sessions offered: Unlimited

Cost: Free Monday – Friday 9am – 5pm. Charges apply for Thursday evening sessions

How referrals taken: Self referral, health professionals, solicitors, friends, family

Wait time: Please contact Asian Family Counselling Service for up – to – date information

Main therapies provided: Cognitive Behavioural Therapy, person centred, integrative

Disability access: Premises are on the first floor. Sessions for clients with disabilities can be arranged for elsewhere

Title of Organisation: Bereft
Address: Hawko House, 35 Horn Lane, Acton, W3 6NS
Phone: 020 8896 2800
Website: under construction
Contact: Manager

Description of Organisation:

We offer one-to-one bereavement counselling to anyone over the age of 16 years, living in the borough of Ealing. Our 20 volunteer counsellors are highly skilled and receive monthly supervision and support from our experienced in-house supervisors. Counselling sessions are offered once a week and last up to 50 minutes. We can also offer weekly telephone support to clients on the wait list.

Problems covered (tick indicates Problem covered)

<input type="checkbox"/> post natal depression	<input type="checkbox"/> parenting support
<input type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
<input type="checkbox"/> drugs	<input type="checkbox"/> sexual abuse
<input type="checkbox"/> violence	<input type="checkbox"/> anger management
<input checked="" type="checkbox"/> relationships	<input type="checkbox"/> sex problems
<input type="checkbox"/> domestic violence	
<input checked="" type="checkbox"/> other - bereavement	

Languages spoken: English, Brazilian Portuguese, Greek, French, Polish, Punjabi, Spanish

Number of sessions offered: Unlimited

Cost: Low cost - Clients' financial circumstances are always considered.

How referrals taken: Self-referral is preferable though we can take referrals directly from GPs and other health professionals. In the case of direct referrals, it is necessary for us speak to the client themselves before allocating them a counsellor.

Wait time: Please contact Bereft for up – to – date information

Main therapies provided: Humanistic/ Person-Centred

Disability access: There is disabled access at the majority of venues where we see clients. We are also able to see clients in their own home.

Title of Organisation: Ealing Abbey Counselling Service
Address: 1A Montpelier Ave, Ealing, W5
Phone: 020 8998 3361
Website: www.eacs.org.uk
Contact: Clinical Director

Description of Organisation:

We offer one - to – one, medium - to - long term counselling and some groups. We have no upper age limit but do not work with children. We do not work with people who are actively psychotic and medicated for this or substance misusers. The purpose of the service is to enhance client's lives, to increase personal understanding/awareness and to enable a greater degree of life enhancement/empowerment.

Problems covered (tick indicates Problem covered)	<input checked="" type="checkbox"/> post natal depression	<input checked="" type="checkbox"/> parenting support
	<input type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
	<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
	<input type="checkbox"/> drugs	<input checked="" type="checkbox"/> sexual abuse
	<input checked="" type="checkbox"/> violence	<input checked="" type="checkbox"/> anger management
	<input checked="" type="checkbox"/> relationships	<input checked="" type="checkbox"/> sex problems
	<input checked="" type="checkbox"/> domestic violence	<input type="checkbox"/> other

Languages spoken: English, Polish, some Asian languages, Japanese, Italian.

Number of sessions offered: Up to weekly for one year

Cost: £5 minimum (day time) – upper limit based on income

How referrals taken: Self referral via telephone

Wait time: Between two - six weeks

Main therapies provided: Integrative, Transactional Analysis, Psychodynamic, Person Centred, Gestalt counselling

Disability access: Not available

Title of Organisation: Ealing Youth Counselling Service (EYCIS)
Address: 55 High Street, Acton, W3 6NE
Phone: 020 8992 8182
Website:
Contact: EYCIS Project Manager

Description of Organisation:

EYCIS is part of the Youth and Connexions Service within the London Borough of Ealing Children and Families division, offering confidential counselling to young people, aged 14 – 25, who reside, work, or study in the borough. EYCIS also works with schools - Villiers High, Dormers Wells High, Featherstone High, Drayton Manor High, Greenford High, Ellen Wilkinson School for Girls, Brentside High, Acton High, Twyford CofE High, Belvue School and Greenford Study Centre, providing an average of 15 hours of counselling in each.

Problems covered: (tick indicates problem covered)

<input type="checkbox"/> post natal depression	<input type="checkbox"/> parenting support
<input type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
<input type="checkbox"/> drugs	<input checked="" type="checkbox"/> sexual abuse
<input type="checkbox"/> violence	<input checked="" type="checkbox"/> anger management
<input checked="" type="checkbox"/> relationships	<input type="checkbox"/> sex problems
<input type="checkbox"/> domestic violence	

other : compulsive behaviour, exam stress, family issues, isolation, emotional/ physical abuse, self harm, suicidal ideation, sexuality, stress, pregnancy, victims of bullying, victims of sexual harassment, eating disorders, school exclusion trauma, bereavement, behavioural problems

Languages spoken: Turkish, Farsi, and Spanish.

Number of sessions offered: six - twelve or longer if needed. This is decided at assessment.

Cost: Free

How referrals taken: Self referral. Professional colleagues are encouraged to support young people in making the referral.

Wait time: Between two and five weeks for assessment. Please contact provider for up – to – date information.

Main therapies provided: Psychodynamic

Disability access: Yes, but no lavatory

Title of Organisation: Metanoia Counselling and Psychotherapy Service – MCPS (Metanoia Institute)
Address: 13 North Common Road, Ealing, London, W5 2QB
Phone: 020 8832 3080
Website: www.metanoia.ac.uk
Contact: Clinic Administrator

Description of Organisation:

Practitioners are current students at Metanoia Institute and are supervised by approved clinical supervisors. We currently have an average of 32 practitioners, working with approximately 57 clients per week. Practitioners come from a variety of ethnic backgrounds and clients are matched by gender and ethnicity according to their expressed wish and availability within the service.

Problems covered (tick indicates Problem covered)

<input checked="" type="checkbox"/> post natal depression	<input checked="" type="checkbox"/> parenting support
<input type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
<input type="checkbox"/> severe mental illness	<input checked="" type="checkbox"/> alcohol
<input checked="" type="checkbox"/> drugs	<input checked="" type="checkbox"/> sexual abuse
<input checked="" type="checkbox"/> violence	<input type="checkbox"/> anger management
<input checked="" type="checkbox"/> relationships	<input type="checkbox"/> sex problems
<input checked="" type="checkbox"/> domestic violence	

other - violence to self, personality problems and coping difficulties (excluding personality disorders, severe mental health problems and severe risk).

Languages spoken: English

Number of sessions offered: Duration up to 6 months

Cost: There is a cost. Please contact Metanoia for latest information.

How referrals taken: From GPs, Primary Care Mental Health services and minority ethnic organisations. We will liaise with individual surgeries in order to help them to refer the clients appropriately and aim to increase access to disadvantaged groups. We will also offer training on assessment for psychological therapies to surgeries who identify this as a need.

Wait time: Please contact Metanoia for up-to-date information.

Main therapies provided: Humanistic and Integrative counselling

Disability access: Yes. Wheelchair access is provided via a ramp to the side of the premises. Counselling services are offered in ground floor rooms for wheelchair users. An accessible lavatory is available on the ground floor.

Title of Organisation: Ealing Primary Care Mental Health and Wellbeing Service
Address (*Southall area*): The Broadway Health Centre, 71-73 The Broadway, Southall, Middx, UB1 1LA.
Phone: 020 8383 6029/6006
Website:
Contact for Southall: Yvette Crompton

Description of Organisation:

Provides guided self help for mild to moderate depression, generalised anxiety and panic disorders. Provides supported access to Computerised Cognitive – Behavioural Therapy. Provides one – to – one counselling for all moderately severe common mental health disorders. Provides expert mental health assessment for those with moderate to severe mental health needs. Facilitates access to local Community Mental Health Teams. Provides signposting to community – based organisations. Provides some group work.

Problems covered (tick indicates Problem covered)	<input checked="" type="checkbox"/> post natal depression	<input checked="" type="checkbox"/> parenting support
	<input type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
	<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
	<input type="checkbox"/> drugs	<input checked="" type="checkbox"/> sexual abuse
	<input type="checkbox"/> violence	<input checked="" type="checkbox"/> anger management
	<input checked="" type="checkbox"/> relationships	<input checked="" type="checkbox"/> sexual problems
	<input type="checkbox"/> domestic violence	<input type="checkbox"/> other

Languages spoken: English, Urdu, Spanish, Farsi, German

Number of sessions offered: six – twelve

Cost: Free

How referrals taken: By GPs and other primary care staff on service referral form

Wait time: no more than 4 weeks

Main therapies provided: Cognitive Behavioural Therapy based supported self help; supported computerised self help; psychodynamic psychotherapy; integrative counselling

Disability access: At some sites.

Title of Organisation: **Relate London North West**
Address: Civic 5, Civic Centre Complex, Station Road,
Harrow HA1 2XH
Phone: 020 8427 8694
Website: www.relatelondonnw.org.uk
Contact: Appointments Secretary

Description of Organisation:

Offers relationship and family interventions.

Problems covered (tick indicates Problem covered)	<input checked="" type="checkbox"/> post natal depression <input checked="" type="checkbox"/> family work <input type="checkbox"/> severe mental illness <input checked="" type="checkbox"/> sexual abuse <input checked="" type="checkbox"/> violence <input checked="" type="checkbox"/> relationships <input checked="" type="checkbox"/> domestic violence	<input checked="" type="checkbox"/> parenting support <input checked="" type="checkbox"/> depression/ anxiety <input checked="" type="checkbox"/> alcohol <input checked="" type="checkbox"/> drugs <input checked="" type="checkbox"/> anger management <input checked="" type="checkbox"/> sex problems <input type="checkbox"/> other
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Violence and domestic violence can only be worked with if clients are able to put a safety plan in place. Otherwise, we will support the victim and refer the perpetrator to Respect or Respect-affiliated programmes. We do not run anger management courses but work individually with clients in the course of relationship counselling.

Languages spoken: English, Gujarati, Hindi, Farsi, Urdu, West-African Meade/Krio

Number of sessions offered: Six, but this can be extended. The average number of sessions is eight.

Cost: Based on income. Generally £10 - £60 per session

How referrals taken: Self-referral by telephone. If a GP wishes to know the progress of their patient, we will ask them to sign a form permitting us to talk to their GP

Wait time: First assessment offered within two weeks. Ongoing counselling varies according to client's availability. We see clients 9am – 10pm on weekdays and 9am – 2pm on Saturdays.

Main therapies provided: Systemic and psychodynamic for relationship and family counselling. Systemic, psychodynamic and Cognitive Behavioural Therapy for Psychosexual Therapy

Disability access: Yes

Title of Organisation: TASHA Foundation
Address: Unit 14, Windmill Business Centre, Southall
Phone: 020 8571 9981
Website: www.tasha-foundation.org.uk
Contact: Service Manager

Description of Organisation:
Information not provided

Problems covered
(tick indicates
Problem covered)

<input type="checkbox"/> post natal depression	<input type="checkbox"/> parenting support
<input checked="" type="checkbox"/> family work	<input checked="" type="checkbox"/> depression/ anxiety
<input type="checkbox"/> severe mental illness	<input type="checkbox"/> alcohol
<input checked="" type="checkbox"/> drugs	<input type="checkbox"/> sexual abuse
<input type="checkbox"/> violence	<input type="checkbox"/> anger management
<input type="checkbox"/> relationships	<input type="checkbox"/> sex problems
<input type="checkbox"/> domestic violence	<input type="checkbox"/> other

Languages spoken: Various

Number of sessions offered: six - twelve

Cost: Free

How referrals taken: GPs and self referral

Wait time: Please contact TASHA for up – to – date information

Main therapies provided: No information provided

Disability access: Yes

MENTAL HEALTH RESOURCE LIST

HOSPITALS:	TEL NO:
West London Mental Health Trust	0208 354 8354
Mental Health Resource Centres (MHRC)	
Avenue House CMHT (Acton W3 Area)	0208 993 7781
Lammas Centre CMHT (Ealing W5, W7, W13 Area)	0208 483 2600
Manor Gate CMHT (Northolt/ Greenford and Perivale)	0208 483 2700
Southall Norwood CMHT (Southall & Northwood Areas)	0208 571 6110
In the case of a crisis between 9am – 5pm Monday to Friday contact the Duty Officer at the appropriate MHRC. Out of hours contact 07659 175651	
Assertive Outreach Team	0208 566 2777
Cognitive Behavioural Therapy Service (Referral only)	0208 938 8433
Eating Disorders Service (Referral only)	0208 566 2777
Gatehouse Drugs Service (Referral only)	0208 354 8192
MIND Patients Advocate (John Connolly Wing)	0208 354 8910
Patients Advisory Liaison Service (PALS)	0800 783 5208
Work Rehab (Referral only)	0208 354 8566
Ealing Hospital	0208 967 5000
Ealing Primary Care Trust	0208 893 0303
NHS Direct	0845 4647
ADVICE/HELPLINES	
Alcoholics Anonymous	0845 769 7555
Alzheimer's Concern	0208 568 4448
Benefits Enquiry Line (8.30am to 6.30pm Mon – Fri)	0800 882 200
Carers UK	0207 490 8818
Childline (freephone for children)	0800 11 11
Citizens Advice	0207 833 2181
Community Benefits Team	0208 825 8555
Department For Education and Skills	0870 000 2288
Department for Health	0207 210 4850
Diabetics UK	0207 424 1000
Disability Benefits Helpline	0845 712 3456
Disability Law Service	0207 791 9800
Disability Rights Commission	0845 762 2633
Ealing Confidential Drug/ Alcohol Referral Line	0800 195 8100
BEAT (Eating Disorders Association Helpline)	0845 634 1414
BEAT (Eating Disorders Association Youthline)	0845 634 7650
Employment Opportunities For People with Disabilities	0207 448 5420
Family Planning Association (Sexual Health)	0845 310 1334
First Steps To Freedom (Anxiety, Phobias)	0845 120 2916
Gays The Word (Bookstore)	0207 278 7654
Lesbian and Gay Switchboard	0207 837 7324
MDF Bipolar Fellowship (Manic Depressive Fellowship)	0207 793 2600
Mind in Ealing (Information and Support)	0208 992 0303
Muslim Women's Helpline	0208 904 8193
Parentline	0808 800 2222
Post-Natal Illness (Association For)	0207 386 0868
Samaritans (Ealing)	0208 560 2345
Self Harm (Bristol Centre)	01179 251119
Survivors of Bereavement from Suicide (local group)	0870 241 3337
Youth 2 Youth	0208 896 3675
SELF – HELP	
Ealing Women's Mental Health Forum	0208 578 2904
Footsteps Art Group (User Led)	0208 280 2278
MDF Bipolar Fellowship (Manic Depressive Fellowship)	0207 793 2600

Rethink (Carers Support)	0208 567 0101
Solace (Evening and weekend social group)	0208 567 3805
COUNSELLING	
Ealing Primary Care Mental Health and Wellbeing Service (Referral only)	020 8383 6029
Children and Adolescent Services	0208 354 8800
Children and Families Counselling Service	0208 354 8473
Eating Disorders Service (Referral only)	0208 566 2777
VOLUNTARY SECTOR (A small charge may be required)	
Anchor The Counselling Service (Women only)	0208 867 7660
Asian Family Counselling	0208 571 3933
Bereft (Bereavement Counselling)	0208 896 2800
Each (Ethnic Alcohol Counselling Service)	0208 577 6059
Ealing Abbey Counselling Service	0208 998 3361
Ealing Relate Family Counselling	0208 863 4543
Ealing Youth Counselling (EYCIS)	0208 992 8182
Metanoia (Counselling and Psychotherapy)	0208 832 3080
PACE (Gay and Lesbian Counselling and Support)	0207 700 1323
St Vincent's Family Centre (The Catholic Society)	0208 578 6378
Southall Black Sisters	0208 571 9595
TASHA (Anxiety, Tranquillisers plus other services)	0208 571 9981
Terence Higgins Trust (HIV/AIDS)	0207 835 1495
Women's Therapy Centre	0207 263 6200
SUPPORT IN THE COMMUNITY	
CAPE (Activities Project for Users of Mental Health Services)	0208 896 2662
Domestic Violence Intervention Project	0208 748 6512
Ealing Carers Support (Rethink)	0208 8567 0101
Ealing Primary Care Trust	0208 893 0303
LINKS project (Work, Community Living)	0208 813 4193
Money Advice Benefit Service	0208 825 5196
ETHNIC MINORITY SUPPORT	
Ealing Racial Equality Council	0208 579 3861
Irish Centre (Hammersmith)	0208 741 0466
Jewish Association for Mentally Ill (JAMI)	0208 458 2223
Lotus Centre (Southall Community)	0208 571 7454
Muslim Women's Helpline	0208 904 8193
Somali Mental Health Project (Part of Red Sea Project)	0208 574 1695
Southall Black Sisters	0208 571 9595
DROP-INS/CLUBS	
Acton Homeless Concern	0208 992 5768
Solace (Mon-Fri 4-8pm & Sat/Sun 2-8pm)	0208 567 3805
DRUGS	
CRI Drop-In Centre (Southall)	0208 843 5900
Gatehouse Drugs Service (NHS)	0208 354 8192
ACCOMODATION	
Amadeus House (Richmond Fellowship)	0208 997 8015
Community Road (Hostel)	0208 575 2684
Ealing Family Housing	0208 566 2382
Hestia Housing Support	0208 997 6259
LBE Group Homes	0208 993 0425
LBE The Mental Health Housing Team	0208 825 6584
London Cyrenians	0208 938 2004