

Name	Description	National, London-wide or provided by CNWL
<a href="#">Single Point of Access (SPA)</a>	SPA is an all age Mental Health Crisis Line which offers emotional support and advice to people who require urgent mental health attention, 24 hours a day, 7 days a week in Brent, Ealing, Harrow, Hammersmith & Fulham, Hounslow, Kensington & Chelsea and Westminster, and also Milton Keynes (out of hours).	<p><b>CNWL's</b> boroughs (Brent, Harrow, K&amp;C, Westminster, Hillingdon) by phoning 0800 0234 650 (Freephone) or emailing <a href="mailto:cnw-tr.spa@nhs.net">cnw-tr.spa@nhs.net</a></p> <p><b>West London NHS Trust</b> (Ealing, H&amp;F, Hounslow)  <a href="tel:0800328444">Freephone 0800 328 4444</a> <a href="#">mental health helpline :: West London NHS Trust</a></p>
<a href="#">Talking Therapies</a>	Talking Therapies Service is a free and confidential talking therapy service which provides treatments for low mood or depression and anxiety problems. Teams are based in Brent, Ealing, Harrow, Hammersmith & Fulham, Hounslow, Kensington & Chelsea and Westminster. Self-referral is available.	<p><b>CNWL</b> <a href="#">CNWL NHS Talking Therapies</a></p> <p><b>West London NHS Trust</b> (Ealing, H&amp;F, Hounslow)</p> <p><a href="#">Welcome to NHS Talking Therapies, the new name for IAPT :: West London NHS Trust</a></p>
<a href="#">The Coves</a>	The Coves is provided by Hestia on behalf of CNWL. It is a daily drop-in support service for people aged 16 and up (18+ in Kensington, Chelsea & Westminster) who are experiencing	<p><b>CNWL</b></p>

	mental distress. The Cove has sites for residents of Hillingdon, Brent, Harrow, Kensington, Chelsea and Westminster.	
<b>Ealing Crisis Centre</b>	<p>Ealing Crisis Centre (ECC) is a new service for individuals who are experiencing a mental health crisis.</p> <p>The service offers an alternative crisis intervention to individuals who would otherwise have waited several hours in emergency departments for the urgent interventions they need.</p>	<a href="#">Ealing Crisis Centre (ECC) :: West London NHS Trust</a>
<b>The Circle Crisis Café, Ealing</b>	Circle is a mental health crisis support hub space and café that provides drop-in and appointment-based specialist mental health support 365 days a year to provide mental health support early and prevent things from getting worse.	<a href="#">Circle - Hammersmith, Fulham, Ealing and Hounslow Mind (hfehmind.org.uk)</a>
<a href="#">Young Adults Mental Health and Wellbeing Space</a>	CNWL has a young adult's (16-25s) mental health and wellbeing space where you can find information about support available.	CNWL
<a href="#">Samaritans</a>	A 24/7 free confidential support line for those in need	National
<a href="#">Papyrus UK</a>	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people, aged 35 or below	London-wide
<a href="#">Shout</a>	24/7 Crisis Text Service for Mental Health Support	London-wide
<a href="#">Hub of Hope</a>	The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.	National
<a href="#">Best for you</a>	The Best for you website provides a library of NHS approved mental health Apps, educational content and a directory of support services for	London-wide

	young people and families in North West London.	
<a href="#">Good Thinking</a>	Good Thinking is an online service that helps Londoners look after their mental health and wellbeing in a way that works for them. It provides resources such as self-assessments, quick quizzes, free apps, podcasts, videos, how to guides, workbooks.	London-wide