

# STUDENT & ACADEMIC SERVICES

## Counselling and Mental Health Advice Service

### **COUNSELLING SUPPORT AND RESOURCES**

Students

Addictions

Anxiety, phobias and panic attacks.

Bereavement

Body Dysmorphia

Counselling & psychotherapy

Depression

Eating Disorders

Intercultural

Mental Health

Money

Pregnancy & termination

Relationships

Self harm & suicidal thoughts

Sexual abuse

Sexuality

Under 25s

Violence, rape and forced marriage

General Health

### **STUDENTS**

- **Students Against Depression** – 0163 586 9754

Web: [www.studentdepression.org](http://www.studentdepression.org)

Self-help resource for suicidal thinking & depression

- **Student Minds** - 0113 343 8440

Web: <https://www.studentminds.org.uk>

Email: [info@studentminds.org.uk](mailto:info@studentminds.org.uk)

### **ADDICTIONS**

- **Action on Addiction** – 0203 981 5525

Web: [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)

Email: [takingactiononaddiction@forwardtrust.org.uk](mailto:takingactiononaddiction@forwardtrust.org.uk)

Various kinds of support & counselling for addictions

- **Alcohol Anonymous** - 0800 9177 650

Web: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Email: [help@aamail.org](mailto:help@aamail.org)

Confidential support for people with alcohol issues

- **Drinkaware** - 0300 123 1110, 020 7766 9900

Web: [www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Email: [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)

- **Get Connected** – 0203 993 5571

Web: [www.getconnected.org.uk](http://www.getconnected.org.uk)

Email: [info@getconnected.org.uk](mailto:info@getconnected.org.uk)

A range of support and advice for a variety of addiction

- **Gamcare** – 0808 8020 133

Web: [www.gamcare.org.uk](http://www.gamcare.org.uk)

Support, advice and information for anyone concerned about gambling

- **National Drugs Helpline aka Frank** – 0300 123 6600 (daily; 24 hours a day); text 82111

Web: [www.talktofrank.com](http://www.talktofrank.com)

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

Free, confidential advice & information on drugs in different languages

- **Release** – 020 7324 2989

Web: [www.release.org.uk](http://www.release.org.uk)

Email: [ask@release.org.uk](mailto:ask@release.org.uk)

Information & advice about health, welfare & legal matters for drug users & families/friends.

- **Relationship - Therapy & Recovery** – 07939 624 790

Web: [www.relationship-recovery.co.uk/](http://www.relationship-recovery.co.uk/)

Email: [info@relationship-recovery.co.uk](mailto:info@relationship-recovery.co.uk)

Psychotherapy & treatment for sex addiction, including low-cost therapy

- **Marylebone Centre** – 020 80907474

Web: [www.marylebonecentre.co.uk](http://www.marylebonecentre.co.uk)

Email: [raj@birchard.co.uk](mailto:raj@birchard.co.uk)

Treatment programmes for addictive compulsive patterns of sexual behaviour

- **Centre for Compulsive & Addictive Behaviours** – [020 3214 5700](tel:02032145700)

Web: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse>

Offers psychological treatment for a range of compulsive behaviours

- **OCD UK** – 01332 588 112

Web: [www.ocduk.org](http://www.ocduk.org)

Email: [support@ocduk.org](mailto:support@ocduk.org)

A charity dedicated to supporting those who are affected by obsessive compulsive disorder

## **ANXIETY, PHOBIAS & PANIC ATTACKS**

- **Anxiety UK** - 03444 775 774 (Mon – Fri: 9:30am – 5:30pm)

Text Support – 07537 416 905

Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Various forms of support for those living with anxiety disorders

- **No Panic** – 0300 772 9844 (daily; 10am – 10pm)

**24 hr crisis line:** 01952 680835

Web: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Email: [info@nopanic.org.uk](mailto:info@nopanic.org.uk)

Information & support for sufferers & carers of people with panic attacks, anxiety, phobias & OCD

## **BEREAVEMENT**

- **Bereft Bereavement Support** – 020 8896 2800

Web: [www.bereftbereavementsupport.co.uk](http://www.bereftbereavementsupport.co.uk)

Email: [bereftbereavementsupport@hotmail.co.uk](mailto:bereftbereavementsupport@hotmail.co.uk)

Bereavement support for Ealing residents

- **Camden, City, Islington and Westminster Bereavement Service** - 020 7284 0090

Web: [www.bereavement-counselling.org](http://www.bereavement-counselling.org)

Email: [admin@cciwbs.org.uk](mailto:admin@cciwbs.org.uk)

Bereavement related counselling for those living or working in the named areas. No charge but donations welcome

- **CRUSE Bereavement Care** – 0808 808 1677

Web: [www.cruse.org.uk](http://www.cruse.org.uk)

Email: Depends on the branch of Cruse – see website for more information

Support to promote the wellbeing of bereaved people

- **Survivors of Bereavement by Suicide** – 0300 111 5065 (Sunday-Friday: 9am – 7pm)

Web: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

Email: [email.support@uksobs.org](mailto:email.support@uksobs.org)

Support to meet the needs & break the isolation of those bereaved by suicide

## **BODY DYSMORPHIA**

- **Body Dysmorphic Disorder Foundation**

Web: <https://bddfoundation.org/>

Email: [support@bddfoundation.org](mailto:support@bddfoundation.org)

Supporting those suffering from Body Dysmorphic Disorder.

## **COUNSELLING & PSYCHOTHERAPY**

- **Anchor Counselling** – 020 8867 7660

Web: [www.anchorcounselling.org](http://www.anchorcounselling.org)

Email: [info@anchorcounselling.org](mailto:info@anchorcounselling.org)

Free, confidential counselling service in various languages

- **Association for Group and Individual Psychotherapy** - 0207 272 7013

[Agip.org.uk](http://Agip.org.uk)

Low fee at the Fairbridge Clinic – contact them for fees. They expect a commitment to stay in therapy for two years.

- **The Blues Project** - 020 7700 5070

Web: [www.thebowlbycentre.org.uk/psychotherapy/the-blues-project](http://www.thebowlbycentre.org.uk/psychotherapy/the-blues-project)

Email: [admin@thebowlbycentre.org.uk](mailto:admin@thebowlbycentre.org.uk)

Low-cost therapy for a minimum of two sessions per week

- **British Psychotherapy Foundation** – 020 8452 9823

Web: [www.britishpsychotherapyfoundation.org.uk](http://www.britishpsychotherapyfoundation.org.uk)

Email: [enquiries@bpf-psychotherapy.org.uk](mailto:enquiries@bpf-psychotherapy.org.uk)

Offers an online directory of therapists & low-cost counselling in North West & South London

- **Brent** – 0207 328 0918

Web: <https://www.brentcentre.org.uk>

Email: [info@brentcentre.org.uk](mailto:info@brentcentre.org.uk)

Support for young people in North London. A referral from a GP is needed to access most of their services

- **The Centre for Better Health** - 0208 9853 570

Web: [www.centreforbetterhealth.org.uk](http://www.centreforbetterhealth.org.uk)

Email: [reception@centreforbetterhealth.org.uk](mailto:reception@centreforbetterhealth.org.uk)

A low-cost integrative counselling service in Hackney.

- **The Caravan - 0207 183 1802**

Web: [www.thecaravan.org.uk](http://www.thecaravan.org.uk)

Email: [info@thecaravan.org.uk](mailto:info@thecaravan.org.uk)

Offering counselling and emotional support, in-person and via telephone, for anyone looking for support.

- **CPU (Camden Psychotherapy Unit) - 020 7267 3881**

Web: [cpu-london.com](http://cpu-london.com)

Email: [office@cpulondon.com](mailto:office@cpulondon.com)

CPU offers free and low fee psychoanalytic psychotherapy to people from across London from any background

- **Ealing Abbey Counselling Service – 020 8998 3361**

Web: [www.eacs.org.uk](http://www.eacs.org.uk)

Email: [counselling@eacs.org.uk](mailto:counselling@eacs.org.uk)

Counselling support offering a wide range of services

- **Free Psychotherapy Network**

Web: [www.freepsychotherapynetwork.com](http://www.freepsychotherapynetwork.com)

Email: [peter@empathyzone.com](mailto:peter@empathyzone.com)

A group of psychotherapists offering free and low-fee psychotherapy to people on low incomes



- **Highgate Counselling Centre East Finchley/Muswell Hill - 020 8883 5427**

Web: <http://highgatecounselling.org.uk>

Email: [admin@highgatecounselling.org.uk](mailto:admin@highgatecounselling.org.uk)

Low-cost individual, group, couple and family counselling, 21+ years old.

- **iCope Psychological Therapies North Camden - 020 3317 3500**

Web: [www.candi.nhs.uk](http://www.candi.nhs.uk)

24/7 Crisis line (For emergencies) - 0800 917 3333

Free self-referral for psychological therapies for those 18+ living in Camden or Islington, including therapy for depression, anxiety or other common mental health problems.

- **London Analysis, Psychotherapy and Counselling – 0745 5001 808**

Web: <https://www.londonapc.co.uk>

Email: [info@londonapc.co.uk](mailto:info@londonapc.co.uk)

A reduction of cost can be negotiated for those who are students or unemployed.

- **Inner City Centre - 020 7247 1589**

Web: [www.iccpsychotherapy.org.uk](http://www.iccpsychotherapy.org.uk)

Individual and group counselling/psychotherapy

- **Institute of Group Analysis - 020 7431 2693**

Web: <https://www.groupanalysis.org/>

Email: [iga@groupanalysis-uk.co.uk](mailto:iga@groupanalysis-uk.co.uk) [contact@igareferrals.co.uk](mailto:contact@igareferrals.co.uk)

Network of group analysts offering group psychotherapy. Reduced/concessionary fees available.

- **Institute of Psychoanalysis** - 020 7563 5000

[www.psychoanalysis.org.uk](http://www.psychoanalysis.org.uk)

Email: [admin@iopa.org.uk](mailto:admin@iopa.org.uk)

Self-referral for psychoanalysis. First consultation happens over two meetings. Following consultation sessions are five times a week for two years. Contact the clinic for low-income fee assessment.

- **The Koan Practice** - 07305 056625

Web: <https://koan-psy.com>

Email: [LFS@psychotherapy.me](mailto:LFS@psychotherapy.me)

Long-term psychotherapy based in East London (E1). Reduced fees for students/low income.

- **Manor House Centre for Psychotherapy and Counselling**

Web: <https://www.manorhousecentre.org.uk/>

Email: [crsadmin@mhcpcc.org.uk](mailto:crsadmin@mhcpcc.org.uk)

Tel: 020 8371 0180

Open-ended counselling and psychotherapy for adults (18+) with a reduced fee scheme for those on low income, unemployed or students

- **Metanoia Counselling and Psychotherapy Service** - 020 8579 2505

Web: [www.metanoia.ac.uk](http://www.metanoia.ac.uk)

Email: [info@metanoia.ac.uk](mailto:info@metanoia.ac.uk)

Counselling & psychotherapy by advanced trainees working with various issues

- **Minster Centre** - 020 7644 6240

Web: <https://www.minstercentre.ac.uk/>

Email: [reception@minstercentre.ac.uk](mailto:reception@minstercentre.ac.uk)

Senior students who are completing their therapy training offer low-cost and full-price short/long-term psychotherapy.

- **Waterloo Community Counselling** – 020 7928 3462

Web: [www.waterloocc.co.uk](http://www.waterloocc.co.uk)

Email: [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk)

Low-cost individual & group counselling in various languages

- **Number 42** – 020 7096 5001

Web: [www.number42.org.uk](http://www.number42.org.uk)

Email: [clare@number42.org.uk](mailto:clare@number42.org.uk)

Counselling, psychotherapy, coaching & wellbeing services

- **Spiral Holistic Therapy Centre** - 020 7607 4403

Web: <https://spiralcentre.org/>

Email: [info@spiralcentre.org](mailto:info@spiralcentre.org)

Offers low-cost counselling, psychotherapy & complementary therapies

- **Think CBT** - 01732 808 626

**Web:** [thinkcbt.com/london](http://thinkcbt.com/london)

**Email:** [info@thinkcbt.com](mailto:info@thinkcbt.com)

Accredited CBT therapists across London. Time-limited lower-cost CBT therapy for a range of issues including anxiety, depression, low self-esteem and OCD. Confidential service with flexible evening and weekend appointments.

- **Women and Health** - 020 7482 2786

Web: <https://www.womenandhealth.org.uk>

Email: [Connect@womenandhealth.org.uk](mailto:Connect@womenandhealth.org.uk)

The Counselling and Psychotherapy Service provides long and short-term low-cost individual counselling and psychotherapy and a range of groups for women who are registered with a GP in the London Borough of Camden.

- **Women's Therapy Centre** – 020 7263 6200

Web: <https://womenstherapycentre.wordpress.com/about/>

Email: [appointments@womenstherapycentre.co.uk](mailto:appointments@womenstherapycentre.co.uk)

Low-cost individual & group therapy for women

## **DEPRESSION**

- **Depression UK**

Web: [www.depressionuk.org](http://www.depressionuk.org)

Email: [info@depressionuk.org](mailto:info@depressionuk.org)

Promotes and encourages self-help, recovery and personal growth

## **EATING DISORDERS**

- **Anorexia & Bulimia Care (ABC)** – 03000 11 12 13

Web: <https://www.oxmindguide.org.uk/minditem/anorexia-bulimia-care-abc/>

Email: [support@anorexiabulimiacare.org.uk](mailto:support@anorexiabulimiacare.org.uk) [mail@anorexiabulimiacare.org.uk](mailto:mail@anorexiabulimiacare.org.uk)

National eating disorder organisation providing advice and support for all kinds of eating distress

- **Beat – Beating Eating Disorders** - 0808 801 0677

Web: [www.b-eat.co.uk](http://www.b-eat.co.uk)

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Helpline, online support & self-help group for those with eating disorders

## **INTERCULTURAL**

- **Chinese Mental Health Association Helpline** – 020 7613 1008

Email: [info@cmha.org.uk](mailto:info@cmha.org.uk)

For those experiencing mental & emotional distress, their families/friends, etc.

- **Japan – UK Therapy Link** – 020 8810 1813

Web: <https://www.japanuktherapy.com/>

Email: [info@japanuktherapy.com](mailto:info@japanuktherapy.com)

Offering counselling, psychotherapy, and consultancy services

- **Mind Yourself** – 07946 202924

Web: <https://londonirishcentre.org/our-services/health-and-wellbeing/>

Email: [community@londonirishcentre.org](mailto:community@londonirishcentre.org)

Offers advice & support to Irish men & women

- **Muslim Youth Helpline** – 0808 808 2008 (Mon-Sun, 4pm-10pm)

Web: [www.myh.org.uk](http://www.myh.org.uk)

Email: [help@myh.org.uk](mailto:help@myh.org.uk)

Provides faith and culturally sensitive confidential services for young Muslims

- **Nafsiyat Intercultural Therapy** – 020 7263 6947

Web: [www.nafsiyat.org.uk](http://www.nafsiyat.org.uk)

Email: [admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk)

Intercultural sensitive psychotherapy in a range of languages

- **NAZ Project** – 020 8741 1879

Web: [www.naz.org.uk](http://www.naz.org.uk)

Email: [info@naz.org.uk](mailto:info@naz.org.uk)

Information and support on HIV, AIDS & STIs for South Asian, Middle Eastern, North African and Latin American communities

- **Polish Psychologists' Association**

Web: [www.polishpsychologists.org](http://www.polishpsychologists.org)

Email: [konsultacje@polishpsychologists.org](mailto:konsultacje@polishpsychologists.org)

Provides psychological support, and individual and couple counselling to the Polish community

## **MENTAL HEALTH**

- **MIND (National Association for Mental Health)** – 0300 123 3393

Web: [www.mind.org.uk](http://www.mind.org.uk)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Information and advice for matters relating to mental health

- **Rethink Mental Illness** – 0808 801 0525

Web: [www.rethink.org](http://www.rethink.org)

Email: [advice@rethink.org](mailto:advice@rethink.org)

Information and advice about mental health, supported housing and local services

- **Royal College of Psychiatrists** – 0208 618 4000

Web: [www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx)

Advice and information on mental illness

- **Sane** – 0300 304 7000 - (Daily; 4pm – 10pm), 0203 805 1790

Web: [www.sane.org.uk](http://www.sane.org.uk)

Email: [info@sane.org.uk](mailto:info@sane.org.uk)

Information and advice on mental health for those experiencing mental illness, their families/friends

## **MONEY**

- **National Debtline** – 0808 808 4000

Web: [www.nationaldebtline.org](http://www.nationaldebtline.org)

Free, confidential and independent advice on how to deal with debt problems

## **PREGNANCY & TERMINATION**

- **British Pregnancy Advice Service** – 03457 30 40 30

Web: [www.bpas.org](http://www.bpas.org)

Email: [info@bpas.org](mailto:info@bpas.org)

Provides support and counselling regarding abortion, contraception & STIs

- **Brook**

Web: [www.brook.org.uk](http://www.brook.org.uk)

Email: [admin@brook.org.uk](mailto:admin@brook.org.uk)

Free and confidential sexual health advice including pregnancies, contraception & STIs

## **RELATIONSHIPS**

- **Imago Relationship Therapy**

Web: [www.gettingtheloveyouwant.co.uk](http://www.gettingtheloveyouwant.co.uk)



Therapy examining all aspects of couples and their relationships, from childhood to adulthood

- **Relate**

Web: [www.relate.org.uk](http://www.relate.org.uk)

Various forms of support for all couple relationships including information on separation and divorce

- **Tavistock Centre for Couple Relationships** – 020 7380 1975

Web: <https://tavistockrelationships.org/>

Email: [info@tavistockrelationships.org](mailto:info@tavistockrelationships.org)

Psychotherapy and consultation service for couples and individuals with relationship difficulties

## **SELF HARM & SUICIDAL THOUGHTS**

- **Calm** - 0800 58 58 58

Web: [www.thecalmzone.net/help/get-help](http://www.thecalmzone.net/help/get-help)

Support for anyone who is depressed or suicidal

- **HOPElineUK** – 0800 068 4141 Text: 88247

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Specialist support for anyone concerned about people at risk of suicide

- **The Samaritans** – 116 123 (24 hours a day)

Web: [www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Confidential emotional support to anyone who is suicidal or despairing

- **National Self Harm Network**

Web: [www.nshn.co.uk](http://www.nshn.co.uk)

Support and information for people who self-harm and their carers

- **Harmless**

Web: [www.harmless.org.uk](http://www.harmless.org.uk)

Offers a range of services including support, information and consultancy

- **The Listening Place** - 020 3906 7676

<https://listeningplace.org.uk/>

Face-to-face support for those experiencing suicidal thoughts and feelings

## **SEXUAL ABUSE**

- **One in Four UK** – 020 8697 2112

Web: [www.oneinfour.org.uk](http://www.oneinfour.org.uk)

Email: South London - [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)

North London – [northlondon@oneinfour.org](mailto:northlondon@oneinfour.org)

Therapy and support for those who have experienced sexual abuse and sexual violence

- **Mankind** – 01273 911 680

Web: <https://mkcharity.org/>

Email: [admin@mkcharity.org](mailto:admin@mkcharity.org)

Specialist support services for men aged 18 + who have experienced sexual abuse

- **Maya Centre** - 020 7281 8970

Web: [www.mayacentre.org.uk](http://www.mayacentre.org.uk)

Email: [admin@mayacentre.org.uk](mailto:admin@mayacentre.org.uk)

Free counselling service in Islington for women who have experienced mental health issues that may stem from trauma, including domestic violence, physical abuse, sexual abuse in childhood, war and conflict and harmful practices.

- **Safeline** – 01926 402 498 / 0808 800 5005 (Male Survivor helpline)

Web: [www.safeline.org.uk](http://www.safeline.org.uk)

Advice and support for those who have been sexually abused

## **SEXUALITY**

- **The Albert Kennedy Trust** – 020 7831 6562

Web: [www.akt.org.uk](http://www.akt.org.uk)

Email: [gethelp@akt.org.uk](mailto:gethelp@akt.org.uk) / [contact@akt.org.uk](mailto:contact@akt.org.uk)

Offers support to young LGBT people who are homeless

- **Elop** – 020 8509 3898

Web: [www.elop.org](http://www.elop.org)

Email: [info@elop.org](mailto:info@elop.org)

A holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, including low-cost counselling

- **Imaan**

Web: [www.imaan.org.uk](http://www.imaan.org.uk)

Email: [imaanlgbtq@gmail.com](mailto:imaanlgbtq@gmail.com)

Support for LGBT Muslim people and their families

- **Lesbian & Gay Switchboard** – 0800 0119 100

Web: <https://switchboard.lgbt/>

Email: [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

Information and support for anyone who needs to consider issues around their sexuality

- **London Friend** – 020 7833 1674

Web: [www.londonfriend.org.uk](http://www.londonfriend.org.uk)

Email: [office@londonfriend.org.uk](mailto:office@londonfriend.org.uk)

Promoting the social, emotional, physical and sexual health and wellbeing of LGBT people

- **The Pink Practice** – 020 7060 4000

Web: [www.pinkpractice.co.uk](http://www.pinkpractice.co.uk)

Email: [info@pinkpractice.co.uk](mailto:info@pinkpractice.co.uk)

Counselling and psychotherapy for gay, lesbian, bisexual and transgendered people

- **Safra Project – 07941 659320**

Web: <https://www.facebook.com/people/Safra-Project/100070284814809/?ref=ts>

Email: [info@safraproject.org](mailto:info@safraproject.org)

Support for LGBT Muslim women

- **Spectra - 0800 587 8302 / 020 3322 6920**

Web: <https://spectra-london.org.uk/who-we-are/>

Email: [info@spectra-london.org.uk](mailto:info@spectra-london.org.uk)

Free, confidential individual and group counselling for people who identify as trans, non-binary or are questioning their gender identity

### **UNDER 25s**

- **Brandon Centre - 020 7267 4792 (General enquiries) / 020 7267 1321 (Counselling and Psychotherapy)**

Web: [www.brandon-centre.org.uk](http://www.brandon-centre.org.uk)

Email: [counselling@brandoncentre.org.uk](mailto:counselling@brandoncentre.org.uk)

Counselling and psychotherapy for young people aged 14 to 21 in Islington and 12-24 in Camden

**Linked centres:**

Lift - N1

Platform - N7

No charge

- **Mind Connect**

Web: <https://www.liftislington.org.uk/events/mind-connect>

Email: [alsmindconnect@depaulcharity.org.uk](mailto:alsmindconnect@depaulcharity.org.uk)

Free counselling for people up to 25

- **The Mix- Essential Support for under 25s** – 0808 808 4994

Web: <https://www.themix.org.uk/>

Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money and jobs.

- **Tavistock (YPCS)** - 020 8938 2337

Web: <https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/young-peoples-consultation-service-ypcs/>

Email: [ypcs@tavi-port.nhs.uk](mailto:ypcs@tavi-port.nhs.uk)

Young People's Consultation Service. Free, confidential counselling within the NHS for 16-30-year-olds (up to 4 sessions). Self-referral only, by appointment.

See website for other services provided.

## **VIOLENCE, RAPE & FORCED MARRIAGE**

- **Karma Nirvana** – 0800 599 9247

Web: [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

Email: [support@karmanirvana.org.uk](mailto:support@karmanirvana.org.uk)

Offers support to victims of honour crimes and forced marriages

- **National Domestic Violence Helpline** – 0808 2000 247

Web: <https://www.nationaldahelpline.org.uk>

National charity providing information and support

- **RAPE Crisis Helpline** – 0808 500 2222

Web: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Email: [rcewinfo@rapecrisis.org.uk](mailto:rcewinfo@rapecrisis.org.uk)

National helpline for female and male survivors, partners, friends and family

- **Solace Women's Aid** – 0808 802 5565

Web: [www.solacewomensaid.org](http://www.solacewomensaid.org)

Email: [advice@solacewomensaid.org](mailto:advice@solacewomensaid.org)

Advice, counselling, accommodation and legal support for those with domestic/sexual abuse issues

- **Refuge** – 0808 2000 247

Web: [www.refuge.org.uk](http://www.refuge.org.uk)

A range of services offered to women and children dealing with domestic violence

- **Survivors UK** – 0203 598 3898

Web: [www.survivorsuk.org](http://www.survivorsuk.org)

Email: [help@survivorsuk.org](mailto:help@survivorsuk.org)

Counselling and group therapy for male survivors of rape or sexual abuse

- **Victim Support Line** – 0808 1689 111

Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Free, confidential advice and support for victims of crime

## **GENERAL HEALTH**

- **NHS choices – dial 111**

Web: [www.nhs.uk](http://www.nhs.uk)

Confidential advice and information on health issues 24 hours a day, 365 days a year

**University College Hospital** - 020 3456 7890

**St Bartholomew's Hospital** – 020 7377 7000

- **NHS Urgent Mental Health helpline**

Web: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Access to local urgent mental health helpline for those seeking urgent support.