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The Resettlement, Asylum Support and Integration Directorate, a joint unit between the Home Office, the Department for International Development and the Ministry of Housing, Communities and Local Government, commissioned ICF to develop the evidence base on mental health and refugees. Alongside a literature review and qualitative interviews, the research included mapping the landscape of mental health and wellbeing services accessible to refugees in England.

This document is a directory of the services identified through the mapping. It provides a snapshot of the types of service available in February/March 2018 organised by local area and bringing together an overview of each service (based on publicly available information), referral routes, eligibility and contact information. Where a high number of services were found in certain areas (e.g. parts of London) these were further demarcated in the index to aid readers. This was not done for all areas (e.a. all London boroughs) but only those with a high density of services. The directory does not attempt to map all NHS local services that refugees might access; instead concentrating on the most relevant conditions (e.g. Post-Traumatic Stress Disorder). Stakeholders were consulted on the inclusion of NHS services.

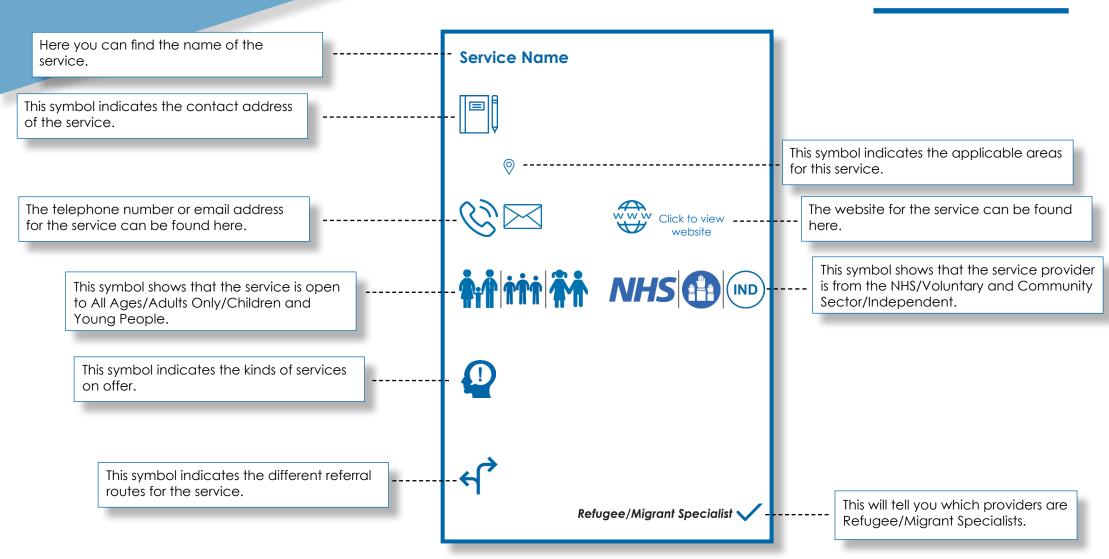
The mapping shows that there are a range of services across all English regions, although a third of refugee specialist services are based in London. There are few refugee specialist services delivered by NHS providers, and few that specifically target children and young refugees. Furthermore, much of the specialist support provided by the voluntary and community sector focuses on supporting general wellbeing rather than providing therapeutic services.

### INTRODUCTION

Distribution of refugee/migrant specialist services by type of provider and age group

	Number (and share) of refugee specialist services	Number (and share) of non-specialist services	Total		
Type of provider					
NHS	13 (5%)	254 (95%)	267 (100%)		
Voluntary and Community	137 (100%)	13 (6%)	123 (100%)		
Independent	0 (-)	7 (100%)	7 (100%)		
Age group					
Adult service	47 (21%)	174 (79%)	221 (100%)		
All age service	76 (68%)	36 (32%)	112 (100%)		
Children and young people service	14 (18%)	64 (82%)	78 (100%)		

### **ICON KEY**



#### Bedfordshire and Hertfordshire

### Adult Community Mental Health Services - Hertfordshire Partnership University NHS Foundation Trust

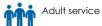


The Colonnades
Beaconsfield Road
Hatfield
AL10 8YE

Hertfordshire











Community-based MH services

The service uses a recovery based approach for 18-65 year olds. Service users with non-psychotic disorders including Personality Disorder and Neuro-Developmental disorders have their needs met by the Support and Treatment Team (STT) whilst those with a psychotic or mood disorder are seen by the Targeted Treatment Team (ITT). The teams are multidisciplinary teams consisting of community nurses, occupational therapists, social workers, vocational and employment psychotherapists, specialist personality disorder workers, drama and art therapists. The STT and TTT Community Services provide services in four areas of the county: North West quadrant; South West quadrant; East and South East quadrant; and North quadrant.







#### Bedfordshire and Hertfordshire

#### Hertfordshire Partnership University NHS Foundation Trust



The Colonnades
Beaconsfield Road
Hatfield
AL10 8YE

Hettfordshire



0300 7770707





All age service

NHS

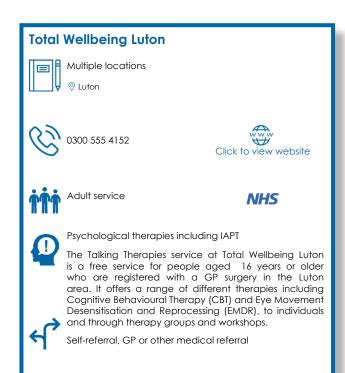


Inpatient services, Community-based MH services, Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups, Drop-in/day services, CAMHS

The Trust offers mental health inpatient care and treatment in the community for young people, adults and older people living in Hertfordshire.



Self-referral, GP or other medical referral







Chaucer House
134 Biscot Road
Luton
LU3 1AX

Uton and Bedfordshire



01582 457740 or 07939 43360





All age service



Voluntary and Community



Advocacy or improving access to MH services, Community-based MH services, Wellbeing activity or support groups, Drop-in/day services

Provide advice, support and referrals to other services for all refugee communities in Luton and Bedfordshire and surrounding areas. Seek to reduce stress and anxiety by providing support in practical matters and wellbeing activities for adults and children.



Self-referral, GP or other medical referral, Voluntary or community organisation, Education, Local authority

#### Bedfordshire and Hertfordshire

#### Herts Child and Adolescent Mental Health Services (CAMHS)



The Colonnades
Beaconsfield Road
Hatfield
AL10 8YE

Hertfordshire



01707 253900





Children and Young People Service





CAMH

Provides a drug and alcohol service (A-Dash), CAMHS clinics (including talking and play therapies, where other resources have been tried but have not worked), Crisis Team, Forest House In-Patient Unit, Mental Health and Emotional Wellbeing Service and Youth Offending Team



GP or other medical referral, Any other professional

#### Bedfordshire Wellbeing Service - East London NHS Foundation Trust



Gilbert Hitchcock House 21 Kimbolton Road Bedford MK40 2AW © Bedfordshire



01234 880400





Adult Service





Psychological therapies including IAPT

The Bedfordshire Wellbeing Service is a free and confidential NHS service which offers a range of talking therapies and specialist support. It helps to identify and treat mental health problems like low mood and anxiety, by offering a range of different therapies. Interventions can be done in groups by telephone, online or face to face. Interventions can be done in groups by telephone, online or face to face - the service provides workshops, courses, groups and individual treatment at a variety of locations across Luton as well as GP practices.



Self-referral, GP or other medical referral

#### **Talk for Change**



Entrance 2 Eaglestone Health Centre Standing Way Eaglestone Milton Keynes MK6 5AZ © Milton Keynes





Click to view website



Adult Service





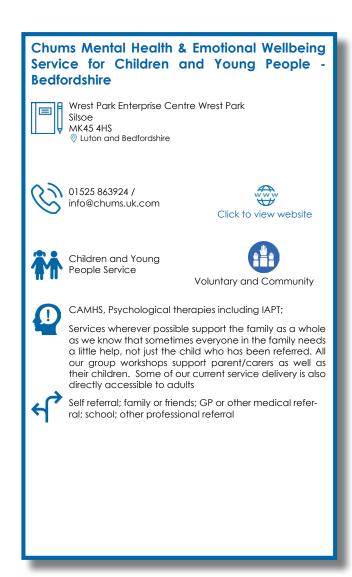
Psychological therapies including IAPT; Information and access

Talk for Change provides a single point of access for people wishing to access adult community mental health services and talking therapies in Milton Keynes. After assessment (by telephone or face to face) Talk for Change can refer people to free services offering treatments such as Cognitive Behavioural Therapy (CBT) delivered either face-to-face or online, guided self-help, Eye Movement Desensitisation and Reprocessing (EMDR), counselling for depression, workshops to help people deal with stress, worry, panic and other common mental health problems and telephone sessions for ease of therapy in people's homes.



Self-referral, GP or other medical referral

#### Bedfordshire and Hertfordshire



#### Essex

#### Adult Community Mental Health Teams (Access and Assessment) - Essex Partnership **University NHS Foundation Trust**



Multiple locations





NHS







Community-based MH services

The Access and Assessment team is the single point of entry into the Trust's services for those 18 and over who are experiencing moderate to severe mental health conditions. Following assessment of emotional, psychological and social needs, patients may be offered brief treatment before being discharged back to the care of their GP, transferred to a specialist team or signposted to external agencies or community services.



GP or other medical referral

#### Health in Mind (Mid Essex IAPT)



Health in Mind Tekhnicon House Springwood Drive Braintree Essex CM7 2YN Mid Essex



01376 308704



Click to view website



Adult service





Psychological therapies including IAPT

Health in Mind offers a range of different options for support, including; Cognitive Behavioural Therapy (CBT), Guided Self-Help (GSH), counselling, workshops and courses. Recipients must be registered, or intending to register, with mid-Essex GP.



GP or other medical referral

#### Health in Mind (North East Essex IAPT)



Health in Mind Elm Ridge Lexden Hospital London Road Colchester Essex CO3 4DB North East Essex



0300 3305455





Adult service





Psychological therapies including IAPT

Health in Mind offers a range of different options for support, including; Cognitive Behavioural Therapy (CBT), Guided Self-Help (GSH), counselling, workshops and courses. Recipients must be registered, or intending to register, with north east Essex GP.



#### Essex

#### Healthy Minds (West Essex IAPT)



Healthy Minds
Latton Bush Centre
Southern Way
Harlow
Essex
CM18 7BL

West Essex











Psychological therapies including IAPT

Healthy Minds offers a range of different options for support, including; Cognitive Behavioural Therapy (CBT), Guided Self-Help (GSH), counselling, workshops and courses. Recipients must be registered, or intending to register, with West Essex GP.



GP or other medical referral

#### Open Arts - Essex Partnership University NHS Foundation Trust



19 High Street Hadleigh Essex SS7 2PA © Essex



07903 188673

Adult service



NHS





Wellbeing activity or support groups

Open Arts is a community arts project, providing courses running for 12 weeks, for people who have had experience of mental health problems and those at risk of developing poor mental health, including carers.



GP or other medical referral, Self-referral

#### Psychological Therapies Basildon - Essex Partnership University NHS Foundation Trust



Basildon Resource Centre Nethermayne Basildon SS16 5NL © Essex



01268 246862





All age service





Psychological therapies including IAPT

The service provides individual and group-based therapies including Art Psychotherapy, Family Therapy and the specialist Complex Needs Personality Disorder Service.



#### Essex

#### Psychological Therapies Taylor Centre - Essex Partnership University NHS Foundation Trust



The Taylor Centre Warrior House 42-82 Southchurch Road SS1 2LZ









All age service





Psychological therapies including IAPT

The service provides individual and group-based therapies including Art Psychotherapy, Family Therapy and the specialist Complex Needs Personality Disorder



or other medical referral

#### Thurrock First - Essex Partnership University NHS **Foundation Trust**









Adult service





Advocacy or improving access to mental health services

The Thurrock First telephone service is the first point of telephone contact for adults living in Thurrock who want to talk to someone about mental health (and other issues). The phoneline is available 7am - 7pm, 365 days a year.



Self-referral

#### Therapy for You - Essex Partnership University **NHS Foundation Trust (EPUT)**



Multiple locations

🔊 Southend, Castleford, Rochford, Basildon, Billericay, Brentwood, Canvey Island



01268 739 128









Psychological therapies including IAPT; Counselling

Offers access to a range of different talking therapies, including an innovative online psychoeducational course, face-to-face psychoeducational and group courses and sessions with Psychological Wellbeing Practitioners, Counsellors and Cognitive Behavioural Therapists. Open to all adults over the age of 18 who live in South Essex and are not currently receiving secondary mental health care or crisis services. In particular, the service can help those experiencing anxiety or stress, depression, bereavement or loss, sleep difficulties, anger issues, obsessive compulsive disorder, phobias and many other problems.



Self-referral, GP or other medical referral

#### Essex

#### **Inclusion Thurrock**



Thurrock Health Centre 55-57 High Street Grays RM17 6NB Thurrock



01375 898680



Click to view website



Adult Service





Psychological therapies including IAPT; Counselling

For anyone aged 18 or over in Thurrock who is worried about their mental health and would like to access talking therapies and other support services. Inclusion Thurrock offers therapist guided self-help, including online Cognitive Behaviour Therapy (CBT), CBT, counselling for depression and wider support services.



Self-referral, GP or other medical referral

Emotional Wellbeing and Mental Health Services (EWMHS) - North East London NHS Foundation Trust (NELFT)



Multiple locations

Southend, Essex and Thurrock



0300 300 1600



Click to view website



Children and Young People Service





**CAMHS** 

Services for any young person experiencing emotional, wellbeing or mental health problems, or any parent, guardian, health or social care professional or teacher of a child who is experiencing emotional wellbeing and mental health difficulties. Young people with special educational needs (SEN) up to the age of 25 may also access the service. 24 hour online support is also provided.



Self-referral, Friends and family, GP or other medical referral, Education, Any other professional

Essex Integration - Refugee and Migrant Support



76 East Hill, Colchester Essex

CO1 2QW Sessex



01206 861 180



Click to view website





Voluntary and Community



Wellbeing activity or support groups

Alongside practical support, Essex Integration provides befriending, social activities and volunteer groups to newly arrived refugees settling in Essex via the Syrian Vulnerable Person Resettlement Scheme (VPRS).



Local authority

### **EAST** Norfolk

#### Child Family and Young Person Service Central Norfolk - Norfolk and Suffolk NHS Foundation Trust



80 St Stephens Road Norwich NR1 3RE © Central Norfolk



01603 201400



Click to view website



Children and Young People Service





Community-based MH services, Psychological therapies including IAPT, Counselling

Provides specialist mental health treatment tailored to individual needs (under 18s and 18-24 years). The service may see the individual over a short term (4-6 sessions) or long term (number of years) period. Conditions treated include anxiety, depression and symptoms related to trauma.



Self-referral, Friends and family, GP or other medical referral, Education, Voluntary or community organisation

#### Child Family and Young Person Service West Norfolk - Norfolk and Suffolk NHS Foundation Trust



Thurlow House Goodwins Road King's Lynn PE30 5PD © West Norfolk



01553 736011





Children and Young People Service





Community-based MH services, Psychological therapies including IAPT, Counselling

Provides specialist mental health treatment tailored to individual needs (under 18s and 18-24 years). The service may see the individual over a short term (4-6 sessions) or long term (number of years) period. Conditions treated include anxiety, depression and symptoms related to trauma



Self-referral, Friends and family, GP or other medical referral, Education, Voluntary or community organisation

### Norfolk and Suffolk NHS Foundation Trust - Adult Community Mental Health Service Central Norfolk



Gateway House
Wymondham
Norfolk
NR18 0WF
© Central Norfolk



1603 421576





Adult convice





Community-based mental health services

The Service is for adults over 25 with moderate to severe mental health needs who require support in the community. It aims to see patients as close to home as possible and offers a variety of services including groups and one-to-one discussions with a care worker.



### **EAST** Norfolk

Norfolk and Suffolk NHS Foundation Trust -Adult Community Mental Health Service West Norfolk



Chatterton House Goodwins Road V King's Lynn PE30 5PD © West Norfolk



01553 609933





All age service





Community-based mental health services

The service provides psychoeducation, diagnosis and treatment for mental ill health, as well as psychological interventions, group work and care coordination.



Self-referral, GP or other medical referral

Norfolk and Suffolk NHS Foundation Trust -Adult Community Mental Health Services Great Yarmouth & Waveney



Northgate Hospital
Northgate Street
Great Yarmouth
NR30 1BU
© Great Yarmouth and Waveney



01502 532100





Adult service





Community-based mental health services

The health and social care community team provides assessment, treatment and support to over 25s experiencing mental health issues. Once referred, patients are assessed and treatment is signposted or provided by the service (at home or a Trust building).



GP or other medical referral

Norfolk and Suffolk NHS Foundation Trust - Wellbeing Norfolk & Waveney



The Conifers
Drayton High Road
Norwich
NR6 5BE

Norfolk



0300 1231503





All age service





Wellbeing activity or support groups

Wellbeing Norfolk offers help and support to improve wellbeing and manage stress, low mood and anxiety. Services include a wide range of workshops and courses, talking therapies, including counselling and cognitive behavioural therapy, and access to social networks.



### **EAST** Norfolk





Resource Centre Northgate Hospital Great Yarmouth NR30 1BU Great Yarmouth and Waveney



01493 337958





Children and Young People Service

NHS



Community-based MH services

The Service provides support in the community to young people aged 14 to 25 who are at risk of developing a serious mental illness which is having a significant impact on social functioning. Conditions treated may include moderate to severe depressive disorder, anxiety disorder, and mood disorders post traumatic stress disorder (PTSD).



Self-referral, Friends and family, GP or other medical referral, Voluntary or community organisation, Education, Any other professional

#### Norfolk Community Health and Care NHS City Reach Health Services



Under 1 Roof 100-102 Westwick Street

Norwich Norfolk NR2 4SZ

Norwich



01603 612481



Click to view website



Adult Service

**NHS** 



Advocacy or improving access to MH services

Community-based health care services, supporting adults who find it hard to access mainstream health services. On staff are a specialist asylum team who support Asylum Seekers and Refugees with accessing mainstream and support services, attending appointments and accessing the community, as well as providing immunisations and blood screenings.



Self referral; GP or other medical referral, other profes-

### EAST Cambridgeshire and Peterborough

#### **CECF Refugee Services**



Cambridge Ethnic Community Forum, 16-18 Arbury Court Cambridge CB4 2JQ





01223 65524





All age service



Voluntary and Community



Advocacy or improving access to MH services , Drop-in/day services

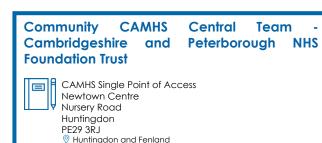
CECF Refugee Services is a part of the Cambridge Ethnic Community Forum, which provides advice and practical help to asylum seekers and refugees in Cambridge

It works in partnership with the statutory and voluntary sector to develop and deliver services to asylum seekers and refugees.



Self-referral

Refugee/Migrant Specialist 🗸





01480 428115





Children and Young People Service





САМН

The service provides assessment, treatment and support for children, young people (aged 0-17) and their families (they must be registered with a GP). Support can include individual work, play therapy, family work, supporting families to manage difficult behaviour and occasionally medication.



GP or other medical referral, Any other professional





Child and Adolescent Mental Health Services

Winchester Place 80 Thorpe Road Peterborough PE3 6AP © Cambridgeshire



01223 465100





Children and Young People Service





CAMHS

The service provides assessment, treatment and support for children, young people (aged 0-17) and their families (they must be registered with a GP). Support can include individual work, play therapy, family work, supporting families to manage difficult behaviour and occasionally medication.



GP or other medical referral, Other (Please explain)

### EAST Cambridgeshire and Peterborough

#### Psychological Wellbeing Service -Cambridgeshire and Peterborough NHS Foundation Trust



The Psychological Wellbeing Service (IAPT)

Grebe House Gloucester Centre Morpeth Close Orton Longueville Peterborough

PE2 7JU

Peterborough, Cambridgeshire, Wansford or Oundle











Psychological therapies including IAPT

The service provides talking therapies, including Eye Movement Desensitisation and Reprocessing (EMDR), designed to help those suffering from mild to moderate depression and anxiety disorders including generalised anxiety, social anxiety, post traumatic stress.

Recipients must be registered with a GP.



Self-referral, GP or other medical referral



Huntingdon PE29 3RJ © Cambridgeshire



01480 428115





Children and Young People Service





CAMHS

The service provides assessment, treatment and support for children, young people (aged 0-17) and their families (they must be registered with a GP). Support can include individual work, play therapy, family work, supporting families to manage difficult behaviour and occasionally medication.



GP or other medical referral, Social services





Adult service



Voluntary and Community



Wellbeing activity or support groups

Offers comprehensive guidance and assistance, including wellbeing activities to refugees, asylum seekers, EU migrants and BAMER (Black, Asian, Minority Ethnic and Refugees) in the Park Ward, Dogsthorpe, Millfield, New England and across all the other residential areas in Greater Peterborough. This includes providing practical and emotional support to Syrian refugees resettling in Peterborough via the Vulnerable Persons Resettlement Scheme (VPRS).



Self-referral, Any other professional

# EAST Cambridgeshire and Peterborough

Chums Mental Health & Emotional Wellbeing Service for Children and Young People -**Cambridgeshire and Peterborough** 



Multiple locations

O Greater Peterborough



Peterborough 0330 0581 657 or Cambridgeshire 0330 0581 659





Children and Young People Service





CAMHS, Psychological therapies including IAPT;

CHUMS Mental Health and Emotional Wellbeing Service offers support to children and young people up to age 25 in Cambridgeshire and Peterborough with mild to moderate mental health difficulties, such as anxiety and low mood, as well as those with significant emotional wellbeing difficulties arising from life events, such as bereavement and bullying.



Self referral, family or friends; GP or other medical referral, school, other professional referral

Cambridgeshire, Peterborough and South **Lincolnshire Mind** Multiple locations O Cambridgeshire, Peterborough and South Lincolnshire Multiple see web link Click to view website Adult service Voluntary and Community Psychological therapies including IAPT; Counselling CPSL Mind provide a range of free and confidential services including the Changing Lives Primary Care Service, which provides counselling to people across Cambridgeshire and a Cognitive Behavioural Therapy service for people in Huntingdonshire and Fenland. Self referral, GP or other medical referral

### **EAST** Suffolk

#### Health Outreach Service - Essex Partnership University NHS Foundation Trust



Health Outreach 70 – 74 St Helens Street Ipswich IP4 2LA © Suffolk



01473 341763





All age service





Advocacy or improving access to MH services

Health Outreach provides care and support in community settings across East and West Suffolk including in hostels, on the street and/or in the home targeting people who do not normally access healthcare such as refugees and asylum seekers (among other groups). The service is run in partnership with Volunteering Matters, and follows an MDT model to provide access / signpost people to healthcare and treatment when they find it difficult to access mainstream services.



GP or other medical referral, Self-referral, Friends and family

Refugee/Migrant Specialist 🗸

#### Norfolk and Suffolk NHS Foundation Trust -Access and Assessment Service Suffolk



Mariner House 43 Handford Road Ipswich IP1 2GA © Suffolk



0300 1231334



Click to view website



All age service





Advocacy or improving access to MH services

The Access and Assessment Service is designed to make it easier to get the right mental health and social care service as quickly as possible. .



 $\ensuremath{\mathsf{GP}}$  or other medical referral, Self-referral, Friends and family

#### Norfolk and Suffolk NHS Foundation Trust - Wellbeing Suffolk



Mariner House
43 Handford Road
Ipswich
IP1 2GA
© Suffolk



0300 1231781



Adult service



Wellbeir

Wellbeing activity or support groups

Wellbeing Suffolk offers help and support to improve wellbeing and manage stress, low mood and anxiety.



Self-referral GP or other medical referral

# **EAST**Suffolk



### Derbyshire and Nottinghamshire

#### **African Women Empowerment Forum**



AWEF-UK, C/O City Arts Unit 6 Provident Works Newdigate Street Nottingham NG7 4FD © Nottingham City Council



07425 580561





All age service



Voluntary and Community



Wellbeing activity or support groups, Advocacy or improving access to MH services

Supports African women refugees and asylum seekers with the integration process, providing advice and signposting to relevant organisations. The organisation uses the empowerment model to build sustainability and confidence. It creates wellness recovery action plans for women who have experienced trauma.



Self-referral, Voluntary or community organisation, Any other professional

Refugee/Migrant Specialist 🗸

#### **AWAAZ**



Unit C, Tennyson Hall Forest Road West Nottingham NG74EP © Nottingham City Council



0115 924 5555





Adult service



Voluntary and Community



Advocacy or improving access to mental health services, Wellbeing activity or support groups, Home-based assessments

The organisation provides one-to-one culturally specific advocacy and emotional support for people from BME background and new emerging communities. It runs group therapy sessions for individuals with any form of mental health difficulties, and has a team of "floating support" staff who provide both an outreach and in reach service to individuals on a weekly basis and give support on setting up, among other things, a home which is safe and secure.



Self-referral, Voluntary or community organisation, GP or other medical referral

Refugee/Migrant Specialist 🗸

#### **Base 51 Counselling Service**



NGY myplace 29-31 Castle Gate Nottingham Nottinghamshire NG1 7AR Nottingham City Council



0115 9525040





Children and Young People Service



Voluntary and Community



Counselling, Psychological therapies including IAPT, Drop-in/day services

The Base 51 Counselling service offers short and longer term counselling and psychotherapy to young people aged 12-25. Counsellors are trained in a number of approaches and can provide one-to-one support.



Self-referral, GP or other medical referral

### Derbyshire and Nottinghamshire





32 Gregory Boulevard Hyson Green NG7 6BG Nottingham City Council









Voluntary and Community



Wellbeing activity or support groups

Youth Programme (Age 7-19) providing social development activities, workshops on current issues, and bonding sessions.



Self-referral, Friends and family, Education





### Derbyshire and Nottinghamshire

#### **Derbyshire - Trent PTS (Psychological Therapies** Service)



Locations in Derby, Alfreton, Ashbourne, Buxton, Chesterfield, Long Eaton, Ripley and Swadlingcote

O Derbyshire











Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups

Trent PTS offers specialised services for Trauma, Bereavement and Relationship problems. Treatments include face to face appointments, telephone consultations and guided self-help packages. Therapies provided include: Cognitive Behavioural Therapy (CBT); Counselling; Psychodynamic Therapy and EMDR (Trauma). The service is for people aged 16 years and over and registered with a GP.



elf-referral, GP or other medical referral











Adult service





Community-based MH services

The Local Mental Health Teams provide multidisciplinary mental health services for people aged 18 to 64 years across Nottingham City, Nottinghamshire County and Bassetlaw. There are eleven Local Mental Health Teams which provide a range of services including psychological support and therapies; recovery work and support groups, signposting and advice.



### Derbyshire and Nottinghamshire

#### Mental Health Liaison -Bassetlaw Nottinghamshire Healthcare NHS Foundation Trust



Bassetlaw Mental Health Liaison GP Co-Op corridor Bassetlaw District General Hospital Worksop Nottinghamshire S81 0BD Bassetlaw



(Extension number: 2590) 01909 500990







Adult service





Advocacy or improving access to mental health services Assessments

The Liaison Psychiatry team provides a service for patients in a general hospital setting, who are aged over 18 and either present to the Emergency Department, or are admitted to an inpatient ward and are experiencing mental health problems. Services include; specialist mental health assessments; advice, guidance and support to patients, their families and carers.



GP or other medical referral

#### Nottingham and Notts Refugee Forum



NNRF, The Sycamore Centre 33a Hungerhill Road Nottingham NG3 4NB Nottingham City Council



0115 9601230



Click to view website



All age service



Voluntary and Community



Wellbeing activity or support groups, Advocacy or improving access to mental health services, Drop-in/day

Nottingham & Nottinghamshire Refugee Forum offers practical advice, information, support and friendship and also campaigning on issues affecting refugees and asylum seekers. Projects include: a children and families project, community projects, including a women's group, a gardening project and a community cafe. NNRF also provide support for asylum seekers, refugees and vulnerable migrants who are trying to access healthcare services, including mental health services, and provide a drop-in service to provide support with a range of problems.



Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### **Nottingham Rainbow Project**



The Vine Community Centre Bobbersmill Road Hyson Green Nottingham NG7 5G7 Nottingham City Council



07462 092732 or 07458 982110



Click to view website



All age service



Voluntary and Community



Wellbeing activity or support groups, Befriending, Advocacy or improving access to mental health services

Provides a number of wellbeing activities including a monthly women's group, exercise and craft sessions. Also provides befriending support.



Self-referral, GP or other medical referral, Voluntary or community organisation, Friends and family, Any other professional

Stonebridge Centre

Cardiff Street

Nottinghamshire NG3 2FH Nottingham

### Derbyshire and Nottinghamshire

#### **Nottingham Women's Counselling Service**



NWCS, Warren House 2 Pelham Court Pelham Road Nottingham NG5 1AP Nottingham City Council











Counselling

Offers immediate support to people in crisis, providing person-centred counselling, and working across a wide range of age groups, cultures and situations. While work is mainly with women, the service now has some capacity for working with men and couples.



Self-referral, GP or other medical referral

Refugee/Migrant Specialist 🗸

#### Nottinghamshire - Trent PTS (Psychological Therapies Service) Locations in Nottingham, Mansfield and Newark Nottinghamshire 0115 8963160 Click to view website Adult service NHS Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups

Trent PTS offers specialised services for Trauma,

Bereavement and Relationship problems. Treatments

include face to face appointments, telephone

consultations and guided self-help packages. Therapies

provided include: Cognitive Behavioural Therapy

(CBT); Counselling; Psychodynamic Therapy and EMDR

(Trauma). The service is for people aged 18 years and

over and registered with a GP.

Self-referral, GP or other medical referral



Adult service

0115 9560802

NHS

Click to view website



Wellbeing activity or support groups

The service aims to provide sustainable opportunities for people with mental health problems to enable them to access occupational therapy, volunteering and employment opportunities. Its main goal is to allow people to take part in the activities of daily life by improving their functioning, establishing roles and routines through meaninaful occupation. The service supports both men and women aged between 18 and 65 and those over 65 who are using mental health services in the community. They should be registered with a GP in the city or a GP within a south county clinical commission group.



### Derbyshire and Nottinghamshire

#### Talking Mental Health - Derbyshire Healthcare NHS Foundation Trust



Ilkeston Resource Centre
Ilkeston Community Hospital
Heanor Road
Ilkeston
DE7 8TL

© Derbyshire County Council



0300 1230542





Adult service





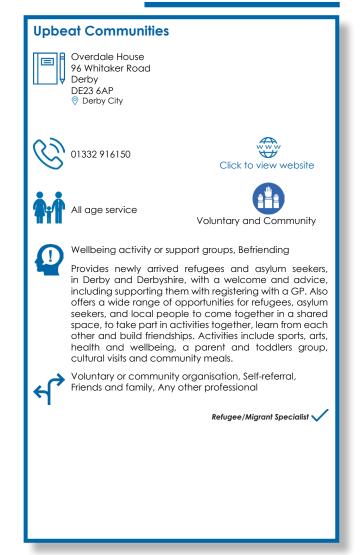
Psychological therapies including IAPT, Counselling

Offers a range of therapies, in individual and group sessions, to adults aged 18 years and over from Derby city and Derbyshire areas.



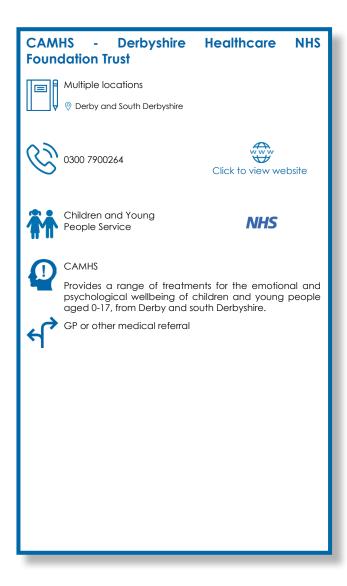
Self-referral, GP or other medical referral





# EAST MIDLANDS Derbyshire and

Nottinghamshire



# Leicestershire, Rutland and Northamptonshire





Booth Hall St Martins House Peacock Lane Leicester LE1 5PZ © Leicester City Council



07851 022125





Children and Young People Service



Voluntary and Community

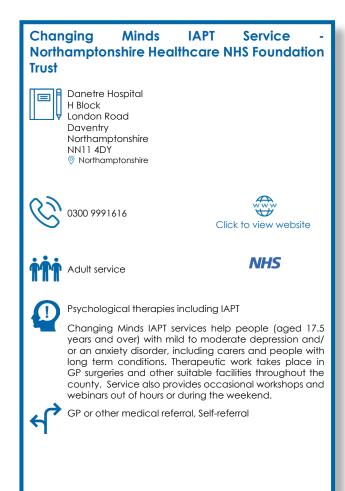


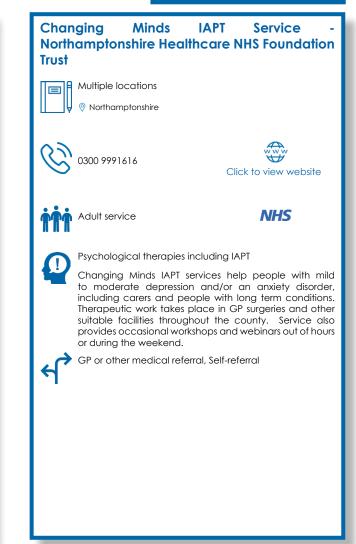
Wellbeing activity or support groups

After 18 has a range of regular group activities in Leicester to enable young refugees under the age of 25 to socialise, learn new skills and adjust to life in the UK.



Self-referral, Friends and family, Social services





### Leicestershire, Rutland and Northamptonshire

#### Community Health Services - Leicestershire **Partnership NHS Trust**



Riverside House Bridge Park Plaza Bridge Park Road **Thurmaston** Leicester LE4 8PQ

Q Leicester, Leicestershire and Rutland



0300 3007777









Community-based MH services

The service provides community nursing, intermediate care, therapy services and admission to community hospitals across Leicester, Leicestershire and Rutland.



Self-referral, GP or other medical referral





Adult service





Advocacy or improving access to mental health services Drop-in/day services

Crisis cafés provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis. As well as offering support, professionals can also refer and direct patients to further services if required. Run in partnership with local Mind branch who provide peer support workers.



No referral needed



# Leicestershire, Rutland and Northamptonshire

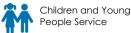
#### Leicester City CAMHS - Leicestershire Partnership NHS Trust



Child And Adolescent Mental Health Service The Valentine Centre Gorse Hill Hospital Site Anstey Lane Leicester LE7 7GX © Leicester City





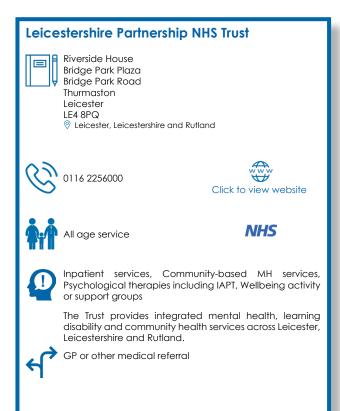


NHS



The service provides a range of services including initial assessments, therapy, group work, emergency

assessments and in-patient care.





# Leicestershire, Rutland and Northamptonshire

#### Mental Health Navigators - Northamptonshire Healthcare NHS Foundation Trust



Campbell House Campbell Square Northampton NN1 5EB Northamptonshire











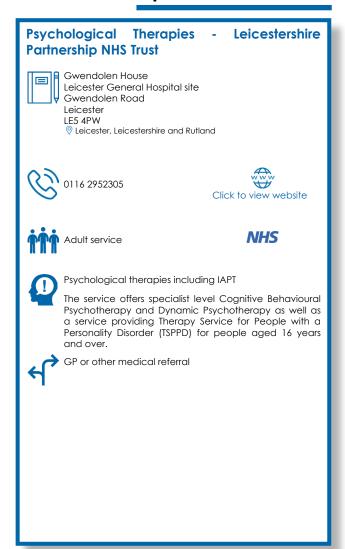
Advocacy or improving access to mental health services

The mental health navigation team provides support in the community to help adults aged 18 years and over experiencing difficulties with their emotional wellbeing, living conditions and physical health to improve their general wellbeing.



GP or other medical referral, Self-referral, Any other professional





Leicestershire, Rutland and Northamptonshire





#### Lincolnshire

#### Community Mental Health Service - Navigo



Community Mental Health Team East Locality Weelsby View Health Centre Ladysmith Road, Grimsby DN32 9SW North East Lincolnshire



01472 256256 (option 3)





Adult service





Community-based mental health services

The Service offers adults a health and social care package created to meet an individual's needs. It involves a mental and physical assessment to understand the right treatment package, which could include Holistic Mental Health and Wellbeing Services, CBT, and psychology services.



GP or other medical referral

#### **Lincolnshire Partnership NHS Foundation Trust** Trust Headquarters St George's Long Leys Road Lincoln IN1 1FS Q Lincolnshire 0303 1234000 Click to view website NHS All age service Inpatient services, Community-based MH services, Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups The Trust provides a wide range of mental health services across Lincolnshire, including adult community mental health services, adult inpatient mental health services and specialist services GP or other medical referral



#### Lincolnshire

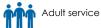
#### Navigo Healthcare (North East Lincolnshire)



NAVIGO House
3-7 Brighowgate
Grimsby
North East Lincolnshire
DN32 OQE
© North East Lincolnshire











Inpatient services, Community-based MH services, Advocacy or improving access to MH services, Counselling, Psychological therapies including IAPT

Delivers adult mental health services for the population of North East Lincolnshire and offer a whole range of services from IAPT through to in patient units. There are several routes that people use to access the services – self-referral, referral from any provider in North East Lincolnshire including Housing, Legal services and the more conventional GP referrals. There is a mandatory policy to use interpreters and all staff have mandatory training in Adult Safeguarding which includes training on the needs of refugees and those subject to Modern Slavery.



GP or other medical referral, Self-referral, Friends and family, Solicitor, Voluntary or community organisation

#### Open Minds Mental Health and Well-Being Service (Cleethorpes)- Navigo



Open Minds Cleethorpes 13-15 Grimsby Road Cleethorpe DN35 7AQ © North East Lincolnshire



01472 252760





Adult service





Advocacy or improving access to mental health services, Counselling, Psychological therapies including IAPT, Wellbeing activity or support groups, Online self-help

Open Minds offers care and support to people aged 16 years and over experiencing common mental health problems such as stress, anxiety and depression. Self-referral provides quick access and support to maintain positive mental health and wellbeing through a range of therapies and activities.



Self-referral, Friends and family, GP or other medical referral  $\,$ 

#### Open Minds Mental Health and Well-Being Service (Grimsby) - Navigo



Open Minds
Grimsby
7-9 Osborne Street
Grimsby
DN31 1EY

North East Lincolnshire



01472 625100





Adult service





Advocacy or improving access to mental health services, Counselling, Psychological therapies including IAPT, Wellbeing activity or support groups, Online self-help

Open Minds offers care and support to people aged 16 years and over experiencing common mental health problems such as stress, anxiety and depression. Self-referral provides quick access and support to maintain positive mental health and wellbeing through a range of therapies and activities.



 Self-referral, Friends and family, GP or other medical referral

#### Lincolnshire

#### steps2change Lincolnshire - Lincolnshire **Partnership NHS Foundation Trust**



Nine local delivery sites in Boston, Gainsborough, Grantham, Lincoln, Louth, Skegness, Sleaford, Spalding and Stamford

O Lincolnshire











Psychological therapies including IAPT

The service provides a range of evidence-based talking therapies for problems such as depression, anxiety, post-trauma reaction, panic, phobia and Obsessive Compulsive Disorder (OCD), available to anyone in Lincolnshire aged 16 years and over, who is feeling stressed, anxious, low in mood or depressed.



GP or other medical referral, Self-referral, Friends and

#### Lincolnshire and North East Lincolnshire CAMHS - Lincolnshire Partnership NHS Foundation Trust



Centres in Sleaford, Grimsby, Boston, Lincoln, Louth and Grantham

Q Lincolnshire and North East Lincolnshire



0303 1234000





Children and Youna People Service





CAMHS

The Trust provides services across Lincolnshire as well as some specialist services in North East Lincolnshire. Based in community locations the service is designed to meet a wide range of mental health needs in children and young people. These include mild to moderate emotional wellbeing and mental health problems, as well as moderate, acute and severe, complex and/or enduring mental health problems or disorders that are causing significant impairments in their lives.



GP or other medical referral, Social services

#### **Open Door**



The Val Waterhouse Centre 41-43 Kent Street Grimsby North East Lincolnshire

DN32 7DH North East Lincolnshire





Click to view website



Children and Youna People Service





Avocacy or improving access to mental health services; counsellina

The Open Door GP practice provides physical and mental health support to vulnerable groups in Grimsby and North East Lincolnshire including refugees. It can support refugees to access secondary mental health services.



Self-referral, Local authority, Any other professional

### LONDON

#### Camden and Islington

#### Complex Depression, Anxiety and Trauma Service (CDAT) - Camden and Islington NHS Foundation Trust



Camley Building St Pancras Hospital 4 St Pancras Way London NW1 OPE © Camden and Islington



020 33177300





Adult service





Psychological therapies including IAPT

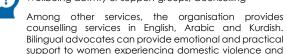
The service provides assessment and provision of social, psychological and medical interventions (individual or group) for people with depression, anxiety and trauma, but with more complex needs.



GP or other medical referral

# Kurdish and Middle Eastern Women's Organisation in Britain Caxton House 129 St. John's Way London N19 3RQ © London Borough of Islington 020 72631027 Click to view website

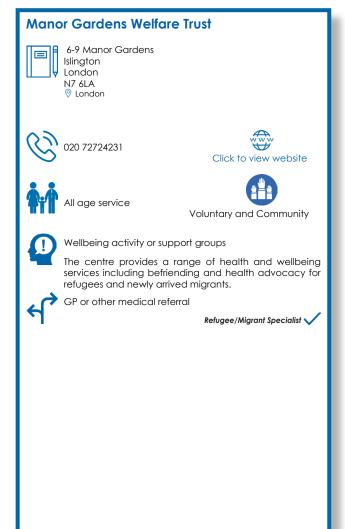




threats of Honour Based Violence.



GP or other medical referral, Self-referral, Friends and family, Solicitor, Voluntary or community organisation, Any other professional



## Camden and Islington

#### Nafsiyat Intercultural Therapy Centre



Unit 4, Lysander Mews Lysander grove London N193QP § Islington



020 72636947





All age service



Voluntary and Community



Psychological therapies including IAPT, Counselling

Provides intercultural psychotherapy and/or counselling in multiple languages. Their goal is to ease mental distress of clients and help them adjust to life in their communities. They work with people experiencing: psychiatric problems, emotional strain, domestic violence, relationship issues, childhood sexual abuse, sexual problems, cultural issues, and language specific issues.



GP or other medical referral, Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### **New Art Studio**



Islington Arts Factory 2 Parkhurst Rd London N7 OSF © London Boroughs



info@newartstudio.ora.uk



Click to view website



Adult service



Voluntary and Community



Psychological therapies including IAPT, Wellbeing activity or support groups

Therapeutic art studio for asylum seekers and refugees. Life drawing art therapy classes and other art and wellbeing related groups provided. Funded by donations, run by psychotherapists with background working with refugees, asylum seekers, abuse and trauma.



Self-referral, GP or other medical referral

Refugee/Migrant Specialist 🗸

#### **Room to Heal**



Mildmay Community Centre Woodville Road Newington Green N16 8NA © London Borough of Islington



020 72415839



Click to view website



Adult service



Voluntary and Community



Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Room to Heal supports refugees and asylum seekers who have experienced torture and human rights abuses. It is a healing community supporting members to re-establish trust, address the trauma they have experienced and come out of isolation. Alongside therapeutic support (short-term and residential), they offer practical casework assistance and a range of creative and social activities.



Self-referral, GP or other medical referral, Voluntary or community organisation, Solicitor

## Camden and Islington

#### St Pancras Refugee Centre - Holy Cross Centre



8 Fairhazel Gardens NW6 3SG © London Borough of Camden



020 72788687





All age service

Voluntary and Community



Wellbeing activity or support groups

Centre offers social drop in and arts activities as well as other practical advice and support, on Tuesdays and Thursdays. Advice workers can support people to understand doctors reports.



GP or other medical referral

Refugee/Migrant Specialist 🗸

#### Tavistock Trauma Service - Tavistock and Portman NHS Foundation Trust



Tavistock Centre 120 Belsize Lane London NW3 5BA

Barnet, Camden, Enfield and Haringey



020 74357111





All age service





Psychological therapies including IAPT

The service provides an extended consultation over four to six sessions to understand the impact of the trauma, using psychoanalytic psychotherapy. Treatments include: trauma focused treatment such as cognitive behavioural therapy or eye movement reprocessing and desensitization; psychoanalytic psychotherapy (individually or in a group); and therapy.



GP or other medical referral

#### **Women's Therapy Centre**



10 Manor Gardens London N7 6JS © London Borough of Islington



020 72637860





Adult service



Voluntary and Community



Psychological therapies including IAPT, Communitybased mental health services, Wellbeing activity or support groups

The Women's Therapy Centre offers individual and group psychotherapy to all women regardless of sexual orientation, disability, cultural or social background, immigrant status, previous psychiatric history or age. They offer individual and group psychotherapy, and also run community development projects to enable women from communities that traditionally do not access therapy to learn more about mental health issues, how to access support, how to talk of their experiences and the truth behind stigma and myths that prevent women accessing mental health services. They can particularly help women affected by gender violence, trafficking, domestic slavery, forced marriage, honour violence and FGM.



Self-referral, GP or other medical referral, Any other professional

## Camden and Islington

#### Refugee Service - Tavistock and Portman NHS Foundation Trust



Tavistock Centre 120 Belsize Lane London NW3 5BA

Barnet, Camden, Enfield and Haringey



020 89382507





Children and Young People Service





Psychological therapies including IAPT, Counselling, Advocacy or improving access to mental health services

The service provides: emotional support for parents who struggle to cope with too many demands; emotional support for unaccompanied teenagers seeking asylum; help to manage children's or young people's difficult behaviour at home or school; help for children and young people to deal with trauma and loss; help for children and young people to make more of opportunities to learn, in collaboration with schools; and support for families to manage the challenge of living between cultures. It works closely with cultural advocates and interpreters and runs community outreach programmes for Afghani, Congolese, Somali and other communities. Congolese, French and Somali speakers are available. Interpreters are used for other languages.



Self-referral, Friends and family

# City, Westminster, Kensington and Chelsea

#### **London Art Therapy Centre**



Pioneer House 46 Britannia Street London WC1X 9JH © London Boroughs



0203 4899192



Click to view website



All age service



Independent

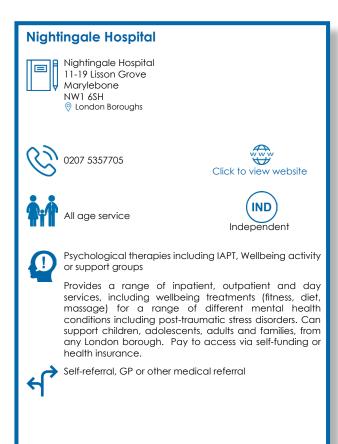


Wellbeing activity or support groups, Psychological therapies including IAPT, Wellbeing activity or support groups, Psychological therapies including IAPT, Wellbeing activity or support groups, Psychological therapies including IAPT, Wellbeing activity or

Provides art therapy and psychotherapy (including EMDR) for individuals, different groups, and workshops. Can support children, adolescents, adults and families, from any London borough. Individual sessions cost £55-£65 per session; group sessions cost £25-£45 per 2 hours. Funding can be arranged via GP or Care Coordinator. Centre founded and run by therapist with background working with victims of torture.



Self-referral, GP or other medical referral





City, Westminster, Kensington and Chelsea



#### Adult Community Mental Health Services -Thurrock - North East London NHS Foundation Trust



Thurrock Community Mental Health Team

Civic Offices

New Road Grays

RM17 6SL



01375 402276 (for people aged 18-65), or 01375 413910 (for people aged over 65 years old)



Click to view website



Adult service





Community-based MH services

This service provides assessment (of health and social care needs), advice and support for people with mental health difficulties. They also provide social activities for older people and short-term intermediate care and assessments.



GP or other medical referral, Voluntary or community organisation, Friends and family

Barking and Dagenham Adult Access and Assessment Team - North East London NHS **Foundation Trust** 



Barking Community Hospital Upney Lane Barking IG11 9LX

Barking and Dagenham



0300 3001570 (option 3)





Adult service





Advocacy or improving access to mental health services

DAAT is the assessment service for adults aged 18 to 65 that need to access community mental health services in Barking and Dagenham. The service provides an initial mental health assessment. Following assessment patients may be referred or signposted to other mental health services or organisations or be offered a brief intervention for a time limited period.



GP or other medical referral, Self-referral, Friends and

and Dagenham Psychological Barkina Services - North East London NHS Foundation Trust



The Becontree Centre 508 Becontree Avenue

RM8 3HR

Barking and Dagenham



0300 5551014









Psychological therapies including IAPT

The services provides psychological assessment and therapy for adults aged 18 and over in Barking and Dagenham, including individual and group psychodynamic therapy and a specialist service for refugees with mental health problems. Also offers cognitive behaviour therapy (CBT) for bi-polar disorder, complex trauma, complex anxiety and treatment resistant depression, including group treatments.



GP or other medical referral

#### **Black Women's Health & Family Support**



1st Floor 82 Russia Lane London E2 9LU

O London Borough of Tower Hamlets



0208 9803503





All age service



Voluntary and Community



Wellbeing activity or support groups

Organisation provides programmes for the Somali community in Newham, Hackney and Tower Hamlets, that are more culturally specific. They focus on the promotion of physical and mental health and the eradication of female genital mutilation. They support survivors of FGM through different support groups and wellbeing activities including older Somali women's programme (lunch club), sewing project, massage/reflexology therapy, youth programme, Somali Young People's Education Project and massage and reflexology therapy.



Self-referral, Education, Voluntary or community organisation, GP or other medical referral, Solicitor

Refugee/Migrant Specialist 🗸

#### Centre for Better Health



1a Darnley Road London E9 6QH

O London Borough of Hackney



020 89853570





Adult service



Voluntary and Community



Counselling, Wellbeing activity or support groups, Psychological therapies including IAPT

A residential care home in Haringey for people aged 20-65 with mental health problems that also offers affordable counselling services for non-residents, as well as daytime and evening courses that aim to promote wellbeing, develop skills and reduce isolation. These courses and workshops include yoga, ceramics, and therapeutic groups including dance therapy. The team of counsellors and psychotherapists offer a wide range of therapeutic approaches including Person Centred, Gestalt, Existential, Core Process and Psychodynamic therapies.



Self-referral

Refugee/Migrant Specialist 🗸

Barking and Dagenham Child and Adolescent Mental Health Service (CAMHS) - North East London NHS Foundation Trust



The Child and Family Centre 79 Axe Street Barking

Essex IG11 7LZ

Barking and Dagenham



0300 5551035





Children and Young





CAMHS

The Barking and Dagenham Child and Adolescent Mental Health Service (CAMHS) provides assessment and treatment to children and young people, aged 0-18, experiencing emotional and mental health difficulties. The team also provides support and advice to the families and carers of the children and young people.



 GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services

# Child and adolescent mental health service (CAMHS) - Havering -North East London NHS Foundation Trust



Havering specialist children's service Child and Adolescent Mental Health Service The Acorn Centre 306 London Road Romford Essex RM7 9NH



0300 3001888

Mavering



Click to view website



Children and Young People Service





CAMHS

The team provide specialist mental health support to children, young people (aged 0-18) and their families. Our service offers help to children and young people who are experiencing emotional, behavioural or mental health difficulties.



GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services

#### Redbridge Emotional Well Being and Mental Health Service (EWMHS)



The Grove, Specialist Community Health Services for Children and Young People

Grove Road Chadwell Heath RM6 4XH Redbridge



0300 5551182



Click to view website



Children and Young People Service NHS



CAMHS

The Emotional Well Being and Mental Health Service (EWMHS) are Redbridge's area based specialist mental health team providing support to children and young people (aged 0-18) who are experiencing moderate to severe emotional, behavioural and mental health difficulties. The Redbridge CAMHS team is based in a local clinic and offers various support such as assessment of development problems, autism, hyperactivity, depression, and early onset psychosis and brief interventions. The team also offers support to families and carers.



GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services

#### DAY-MER - Turkish & Kurdish Community Centre



Former Library Howard Road London N16 8PR

O London Borough of Hackney



020 72758440





All age service



Voluntary and Community



Wellbeing activity or support groups, Drop-in/day services

A Turkish and Kurdish community centre that provides therapeutic services for women including emotional support groups, family therapy and psychotherapy provided by volunteers. Other wellbeing services provided include arts and cultural classes, social events, and courses. Can support other communities with practical advice and education services.



Self-referral, GP or other medical referral, Voluntary or community organisation, Solicitor, Social services, Any other professional

#### Derman for the Well Being of the Turkish and Kurdish Communities



The Basement
66 New North Road
London
N1 6TG
© London Borough of Hackney







Adult service

Voluntary and Community



Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups

Derman provides a range of health-related and wellbeing services, including counselling and a Mental Health Recovery Support Service to Kurdish, Turkish, Turkish Cypriot and Eastern European Turkish people, mainly refugees and asylum seekers, residing in Hackney. Workers can arrange psychiatrist appointments, make emergency home visits, attend key mental health appointments and improve service users' access to mental health and social services. Derman organise monthly sessions to increase awareness and knowledge about mental health issues and to tackle the stigma attached to them. Also provide individual sessions at GP surgeries in City of London and Hackney and wellbeing activities, including a men-only group.



GP or other medical referral, Social services, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### **Doctors of the World UK**



Praxis
Pott Street
Bethnal Green
London
E2 0EF
© London Borough of Tower Hamlets



020 75157534





All age service



Voluntary and Community



Advocacy or improving access to MH services , Drop-in/day services

Provide primary care and health and social care advice, support people who are experiencing difficulties accessing GP services, and signpost to other services, including mental health services. Also provide an advice line 10am-12pm Monday-Friday



Self-referral

Refugee/Migrant Specialist 🗸

#### **East London NHS Foundation Trust**



East London NHS Foundation Trust Trust Headquarters 9 Alie Street London

E1 8D

© City of London, Hackney, Newham, Tower Hamlets, Bedfordshire and Luton



020 76554000





All age service





Inpatient services, Community-based MH services, Psychological therapies including IAPT, Counselling, CAMHS

The Trust provides a wide range of community and inpatient services to children, young people, adults of working age, older adults and forensic services to the City of London, Hackney, Newham, Tower Hamlets, Bedfordshire and Luton. Its local community mental health teams can offer assessment and psychological treatment for adults experiencing Post Traumatic Stress Disorder (Psychotrauma).



GP or other medical referral

#### Havering Psychological services - North East London NHS Foundation Trust



Petersfield Centre Petersfield Avenue Harold Hill RM3 9PB © Havering



0300 5551082





Adult service





Psychological therapies including IAPT

Havering psychological services provide psychological assessment and therapy for adults aged 18 and over. We offer specialist psychological treatments for people with a diagnosis of psychosis, cognitive behavioural approaches and family support.



Self-referral, GP or other medical referral





#### Redbridge Psychological services - North East **London NHS Foundation Trust**



Goodmayes Hospital Site Barley Lane Goodmayes IG3 8XJ Redbridge



0300 5551222





Adult service

NHS



Psychological therapies including IAPT

Redbridge psychological services provide psychological assessment and therapy for adults aged 18 and over. We offer specialist psychological treatments for people with a diagnosis of psychosis, cognitive behavioural approaches and family support.



GP or other medical referral, Self-referral

#### Talking Therapies services - North East London **NHS Foundation Trust**



**NELFT NHS Foundation Trust** CEME Centre - West Wing Marsh Way Rainham

Fssex **RM138GQ** 

North East London



0300 5551200





All age service





Psychological therapies including IAPT

Talking therapies provided in Barking and Dagenham, Havering, Redbridge and Waltham Forest can help with a range of problems such as depression, anxiety, stress, bereavement and relationship problems.



Self-referral, GP or other medical referral

#### Tamil Welfare Association (Newham) UK (TWAN)



602 Romford Road Manor Park

London E12 5AF

O London Borough of Newham



0208 4780577







Voluntary and Community



Wellbeing activity or support groups

Provides services to support people from Tamil backgrounds to access health care as well as wellbeing activities including a day centre for elders, cultural activities, Fine arts classes, Holiday projects and recreation, and supplementary classes for refugee children. Can also provide interpreters and translation services.



Self-referral, Social services

# Waltham Forest Psychological Services - North East London NHS Foundation Trust The Ferguson Centre 26 Low Hall Lane Walthamstow E17 8BE © Waltham Forest



0300 5551267





Adult service





Psychological therapies including IAPT

The services provides psychological assessment and therapy for adults aged 18 and over in Waltham Forest, including individual and group psychodynamic therapy and a specialist service for refugees with mental health problems.



GP or other medical referral

Refugee/Migrant Specialist 🗸

# Child and Family Consultation Service-North East London NHS Foundation Trust Child and Family Consultation Service Thorpe Coombe Site Shernhall Street Walthamstow E17 3EA Waltham Forest



0300 5551247





Children and Young People Service





CAMHS

The Child and Family Consultation Service (CFCS) are Waltham Forest's area based specialist mental health team provide individual and group talking therapies and support to children, young people (aged 0-18) and their families. The types of difficulties seen can include Post Traumatic Stress Disorder (PTSD). Support is offered in a variety of settings such as specialist community clinics, home visits, school visits and support to hospital Childrens wards and A&E departments.



GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services

#### Lambeth and Southwark

#### **AAINA Women's Group**



161 Sumner Road, Peckham SE15 6JL © London Borough of Southwark



0207 7083151





All age service





Wellbeing activity or support groups

The group supports South Asian and Muslim women, including asylum seekers and refugees, with their mental health and provides wellbeing activities and learning opportunities. They also offer services for children e.g. playschemes.



Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### African Society for Relief and Development (ASRD)



195 Streatham High Road London SW16 6EG © London Borough of Lambeth



020 86770768





All age service







Community-based mental health services, Wellbeing activity or support groups, Drop-in/day services, Advocacy or improving access to mental health services

ASRD provides a range of community services which include tackling health issues, an HIV support group, sports activities, family conflict advice, arts and craft services and outreach work. They seek to tackle isolation, violence and issues regarding language, culture and faith. They focus mainly on the Somali community of South London.



GP or other medical referral

Refugee/Migrant Specialist 🗸

#### Centre 70



46 Knights Hill West Norwood SE27 OJD © London Borough of Lambeth



020 86700070





Adult service



Voluntary and Community



Counselling

Centre provides affordable counselling and advice service (debt, housing), utilities support, student assistance for people in Lambeth on a low income.



Self-referral, GP or other medical referral, Voluntary or community organisation, Solicitor

#### Lambeth and Southwark

#### Certitude



107 Railton Road London SE24 OLR © London Borough of Lambeth



020 77372888





Adult service



Wellbeing activity or support groups



Certitude provides personalised support across London to people with learning disabilities, autism and mental health support needs as well as their families and carers. The Somali Engagement programme provides support, emotional support, help and advice and signposting for services to people in that community.



GP or other medical referral, Self-referral, Social services

# Manna Day Centre Manna Day Centre, 6 Melior Street





020 74031931



Click to view website



Adult service



Voluntary and Community



Counselling, Drop-in/day services

The centre supports homeless people, provides health advice and advocacy services for refugees, and fortnightly opportunities to talk with a mental health team.



GP or other medical referral

#### **Refugee Therapy Centre**



1A Leeds Place Tollington Park London N4 3RF

O London Borough of Islington



0207 2727498



Click to view website



All age service



Voluntary and Community



Psychological therapies including IAPT, Counselling

Offers individual, couple, family and group therapy, as well as child and adolescent psychotherapy, based on an assessment of need. Some limitations on languages available



GP or other medical referral, Self-referral, Voluntary or community organisation

#### Lambeth and Southwark

#### Somali Integration & Development Association



Unit 50 Camberwell Business Centre 99-103 Camberwell Business Centre Camberwell London SE5 7HN



London Borough of Southwark



020 73583274





All age service



Voluntary and Community



Wellbeing activity or support groups

Provides Somali community with range of wellbeing, education and advice services. Include activities for children and young people, men and women's groups, and activities for older people.



Self-referro





#### Lambeth and Southwark

#### Streatham Drop-in Centre for Refugees and Asylum Seekers



2 Mitcham Lane Streatham London SW16 6NN © London Borough of Lambeth



020 8664743





All age service





Advocacy or improving access to mental health services, Wellbeing activity or support groups, Drop-in/day services

Provide a wide range of health and wellbeing interventions to refugees and asylum seekers in Lambeth and surrounding areas, including a refugee specialist nurse, as well as advice services.



Self-referral

Refugee/Migrant Specialist 🗸

#### Waterloo Community Counselling (Lambeth and Southwark)



Barley Mow Clinic Greet House Frazier Street London SE1 7BD © London boroughs of Lambeth and Southwark



020 79283462





Adult service



Voluntary and Community



Counselling

Provides a Multi-Ethnic Counselling Service for people unable to access counselling in English, including refugees and asylum seekers. They are able to support the following languages: Albanian, Amharic, Arabic, Bengali, Cantonese, English, Farsi, Farsi (Darri), French, Hindi, Italian, Kurdish, Lithuanian, Mandarin, Polish, Portuguese, Punjabi, Romanian, Russian, Somali, Spanish, Swahili, Tamil, Tigrinya, Turkish, and Urdu.



Friends and family, GP or other medical referral, Voluntary or community organisation, GP or other medical referral

Refugee/Migrant Specialist

#### Talking Therapies Southwark - South London and Maudsley NHS Foundation Trust



Munro Centre 66 Snowsfields London

O London Borough of Southwark



020 32289703





Children and Young People Service





Psychological therapies including IAPT, Wellbeing activity or support groups

The service provides a range of short-term psychological therapies to adults aged 18 years and over and registered with a Lewisham GP. Therapies are offered to improve the wellbeing of people experiencing difficulties relating to conditions including depression, panic attacks and experiencing trauma.



GP or other medical referral, Self-referral

#### **African Cultural Association (London)**



28 Church End London NW4 4JX © London Borough of Barnet



020 82034078





All age service





Wellbeing activity or support groups, Drop-in/day services

ACA seek to help people across London who may be in distress, with a particular focus on those of African origin and other ethnic minorities. They provide practical advice and wellbeing activities including skills training courses (e.g. dressmaking), Healthy Living Lifestyle Activities for Over-65s, and an after school club.



Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### Assessment Service - Barnet - Barnet, Enfield and Haringey Mental Health Trust



Barnet Assessment Service (formerly Triage)
Second Floor, Dennis Scott Unit
Edgware Community Hospital
Burnt Oak Broadway, Edgware
HA8 0AD

® Barnet



020 87025000 (option 1)



Click to view website



Adult service





Advocacy or improving access to mental health services

Barnet Assessment Service provides people with an initial assessment of their mental health needs. The Assessment Service is not a crisis service.



GP or other medical referral, Voluntary or community organisation, Social services, Any other professional

#### Assessment Service - Enfield - Barnet, Enfield and Haringey Mental Health Trust



Enfield Assessment Service (Formerly Triage)

Crown Lane Clinic 25 Crown Lane Southgate London N14 5SH © Enfield



20 87023329





Adult service





Advocacy or improving access to mental health services

Enfield Assessment Service provides people with an initial assessment of their mental health needs. The Assessment Service is not a crisis service.



 GP or other medical referral, Voluntary or community organisation, Social services, Any other professional

#### Adolescent Outreach Team - Haringey -Barnet, Enfield and Haringey Mental Health Trust



H Block, 1st Floor St Ann's Hospital St Ann's Road London N15 3TH (9) Haringey



020 8702455





Children and Young People Service



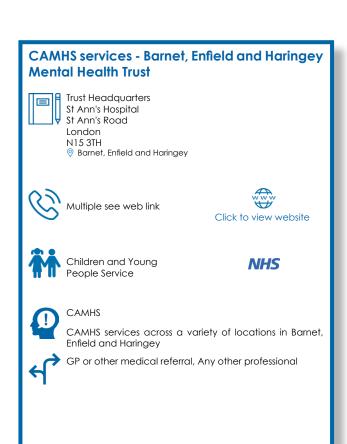


Community-based mental health services, Counselling, Psychological therapies including IAPT, CAMHS

The Service provides treatment and support to children and young people aged 12-18 with mental health, behavioural and emotional well-being needs.



GP or other medical referral, Voluntary or community organisation, Social services, Education, Any other professional





#### Let's Talk IAPT



Cornwall Villa Annex Chase Farm Hospital 127 The Ridgeway Enfield EN2 8JL © Enfield



020 83423012





Adult service

**NHS** 



Psychological therapies including IAPT

Let's Talk IAPT (Improving Access to Psychological Therapies) offers free and confidential talking therapies to people aged 16 and over. It helps with a range of common problems, including low mood and all anxiety disorders. It also offers a range of employment support and wellbeing workshops in the community. The team includes: Psychological Wellbeing Practitioners (PWPs) who are skilled at helping people find practical ways to manage their difficulties; CBT Therapists who are trained to deliver individual and group cognitive behavioural therapy; and Counsellors who are trained to provide an opportunity to talk about day-to-day difficulties as well as difficulties from the past. Therapy can take place over the phone, face-to-face or online. The service offers assessments and therapy in English, Turkish, Greek, Farsi, Polish and other languages and interpreters are available on request.



GP or other medical referral, Self-referral, Social services





#### SAFE (Service for Adolescents & Families in **Enfield**)



2nd Floor St. Andrew's Court 1-4 River Front Enfield FN1 3SY 9 Enfield



020 83792090



Click to view website



Children and Youna People Service



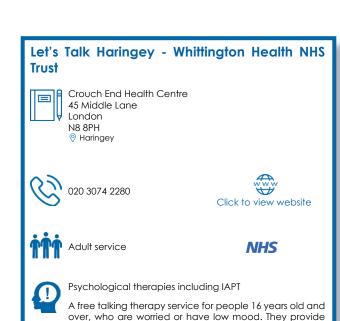


Psychological therapies including IAPT, Counselling

The Service provides treatment and support to young people aged 12-18 with mental health, behavioural and emotional well-being needs.



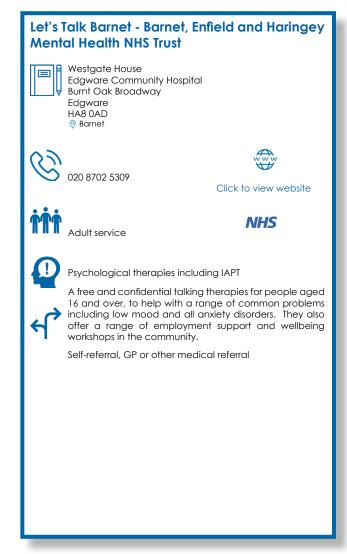
GP or other medical referral,



a range of treatment programmes including one to one

therapy, counselling and group work.

Self-referral, GP or other medical referral



#### South East London

#### **Action for Community Development**



9 Deptford Street Deptford London

O London Borough of Lewisham







All age service

NHS

Voluntary and Community



Mental health education

The organisation provides culturally sensitive and accessible health workshops including Mental Health and Wellbeing for people from Black Asian Minority and Ethnic (BAME) backgrounds who have migrated to the



Refugee/Migrant Specialist 🗸

#### **Cassel Centre**



The CASSEL Centre 4 Waldram Park Road Forest Hill London SF23 2PN O London Borough of Lewisham







All age service



Voluntary and Community



Psychological therapies including IAPT, Counselling.

A charity with a community of over 60 professionals providing counselling and social work services to adults, young people and children across South East London, who would otherwise struggle to access services due to cost. Therapies provided include CBT, rational emotive behaviour therapy, psychotherapy, child contact and family mediation, social work, and play therapy.



GP or other medical referral, Self-referral, Social services

#### Child and Adolescent Mental Health Services (CAMHS) - Bexley - Oxleas NHS Foundation Trust



**Outpatients Department** Memorial Hospital Shooters Hill London **SE18 3RG** Bexley



020 32605200





Children and Young People Service





**CAMHS** 

Provides mental health assessment and treatment services to children, young people and their families/ carers living in the borough of Bexley. It also provides advice, consultation and support to the other individuals and agencies involved in children's care. The service is available Monday to Friday 9am to 5pm and with some additional early morning and evening clinics.



GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services

#### South East London

# Child and Adolescent Mental Health Services (CAMHS) - Bromley- Oxleas NHS Foundation Trust



Phoenix CRC 40 Masons Hill Bromley Kent BR2 9JG © Bromley



020 8466998





Children and Young People Service



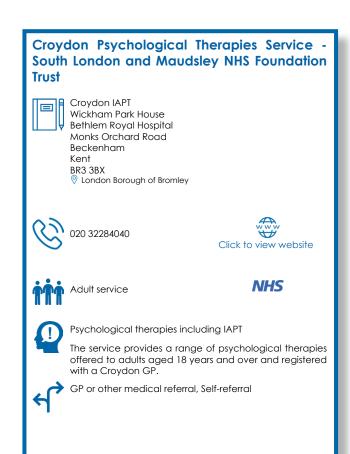


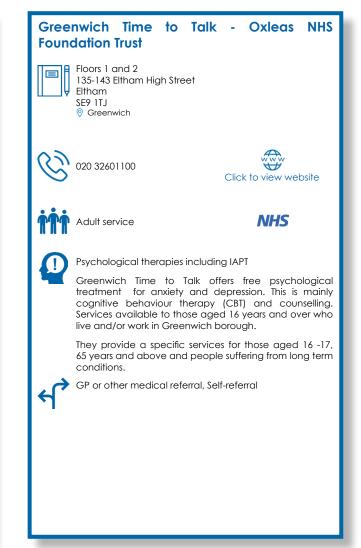
CAMHS

Provides mental health assessment and treatment services to children, young people and their families/ carers living in the borough of Bromley



GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services





#### South East London

#### IAPT Lewisham - South London and Maudsley NHS Foundation Trust



Multiple locations





020 32281350





Adult service





Psychological therapies including IAPT

The service provides a range of short-term psychological therapies to adults aged 18 years and over and registered with a Southwark GP. Therapies are offered to improve the wellbeing of people experiencing difficulties relating to conditions including depression, panic attacks and experiencing trauma.



GP or other medical referral, Self-referral

#### Lewisham Assessment and Liaison - South London and Maudsley NHS Foundation Trust



1 Southbrook Road London

SE12 8LH

O London Borough of Lewisham



020 32289200





Adult service





Community-based MH services, Psychological therapies including IAPT

Mental health referral service covering central and east Lewisham.



GP or other medical referral, Voluntary or community organisation

Child and Adolescent Mental Health Services (CAMHS) - Greenwich - Oxleas NHS Foundation Trust



Highpoint House Memorial Hospital Shooters Hill London SE18 3RZ © Greenwich



020 32605211



M

Children and Young People Service





**CAMHS** 

Provides mental health assessment and treatment services to children, young people and their families/carers living in the borough of Greenwich. It also provides advice, consultation and support to the other individuals and agencies involved in children's care. The service is available Monday to Friday 9am to 5pm and with some additional early morning and evening clinics.



GP or other medical referral, Voluntary or community organisation, Self-referral, Education, Social services

#### South East London

#### Talk Together Bromley IAPT - Bromley Healthcare



Bromley Healthcare CIC Ltd Global House 10 Station Approach Hayes BR2 7EH ® Bromley



0300 003 3000





Adult service

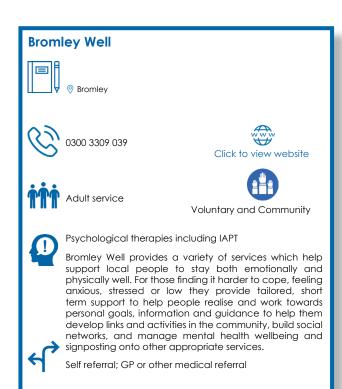




Psychological therapies including IAPT

A free NHS talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression. The service provides a range of treatment programmes including one-to-one therapy, counselling and group work.

Self referral; GP or other medical referral





#### South West London

#### **Refugee Action Kingston**



Siddeley House 50 Canbury Park Road Kingston KT2 6LX

Royal Borough of Kingston upon Thames



020 8547011





All age service



Voluntary and Community



Advocacy or improving access to mental health services Counselling, Wellbeing activity or support groups

Provide advocacy services for access to health care (and education), counselling to registered individuals, and activities for refugee children including summer playschemes. They will signpost where they are unable to provide specific advice.



Self-referral, Friends and family, Voluntary or community organisation,

Refugee/Migrant Specialist 🗸

#### **Refugee and Migrant Network Sutton**



Granfers Community Centre 73-79 Oakhill Road Sutton Surrey SM1 3AA © Sutton



020 86444374





Adult service



Voluntary and Community



Advocacy or improving access to mental health services

RMNS, in partnership with Sutton Counselling, offers free one-to-one counselling for adult refugees needing a confidential setting to help them recover from traumatic events. These will include the problems of loss and exile, and the experience of torture. The counsellors are trained in this area of work, and in working with interpreters.

Also offers a drop-in service and advocacy



Self-referral, Friends and family, GP or other medical referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### **Russian Community Association**



6 Kings Lane Surrey SM1 4PG

O London Borough of Sutton



020 86612117





All age service



Voluntary and Community



Drop-in/day services, Wellbeing activity or support groups

Provide services and support to the Russian-speaking refugees and immigrant community in London and Greater London. Services include training designed to improve wellbeing and self-esteem alongside advice, language classes and social events.



Self-referral

#### South West London

#### South West London and St George's Mental Health NHS Trust



Springfield University Hospital Building 15, 2nd Floor

South West London and St George's Mental Health NHS

Trust

Springfield University Hospital

61 Glenburnie Road

London

SW177DJ

Ningston, Merton, Richmond, Sutton and Wandsworth



020 35135000





All age service





Inpatient services, Community-based MH services, Advocacy or improving access to MH services, Counselling, Psychological therapies including IAPT

Mental health trust that serves 1.1 million people across the London boroughs of Kingston, Merton, Richmond, Sutton and Wandsworth and employs more than 2,000 staff who provide care and treatment to about 20,000 people from south west London and beyond



GP or other medical referral, Self-referral

#### Traumatic Stress Service - South West London and St George's Mental Health NHS Trust



Springfield University Hospital Building 2

61 Glenburnie Road Tootina

London

SW17 7DJ

Kingston, Merton, Richmond, Sutton and Wandsworth



020 35136911





Adult service





Psychological therapies including IAPT, Community-based mental health services

The Service offers assessment, psychological treatment and consultation for people with PTSD. This includes victims of rape and sexual assault; victims of serious physical assaults; victims of serious road traffic accidents; and victims of other 'single incident' traumas. Its work has expanded to also include the needs of refugees and asylum seekers, many of whom have experienced multiple traumas including war, torture and violent bereavements.



GP or other medical referral

Refugee/Migrant Specialist 🗸

#### Off the Record (refugee and asylum seeker service)



72 Queens Road Croydon CRO 2PR

O London Borough of Croydon



020 82510251





Children and Young People Service



Voluntary and Community



Counselling

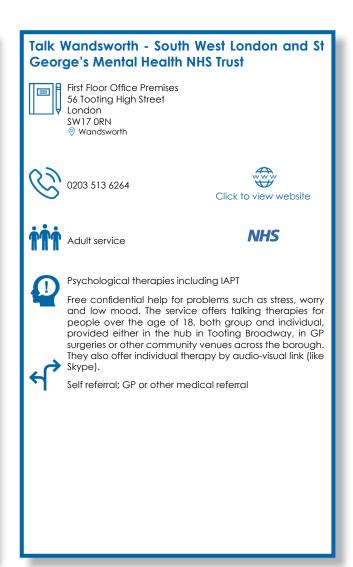
Our counselling service provides confidential support in Croydon to refugees, asylum seekers and forced migrants who are aged between 11 - 25. Interpreters provided.



Self-referral, Voluntary or community organisation, Social services

#### South West London





#### Waterloo Community Counselling - Multi-**Ethnic Counselling Service (North West)**



20 Lonsdale Road Queen's Park London NW6 6RD Ø Brent







Adult service





Counselling

Counselling is available to refugees and asylum seekers who are resident in any North London borough. They are currently able to offer counselling in the following languages: Albanian, Amharic, Arabic, English, Farsi, Farsi (Darri), French, Kurdish, Portuguese and Tamil but may be able to secure interpreters in other languages.



Voluntary or community organisation, GP or other medical referral, Self-referral

Refugee/Migrant Specialist 🗸

#### **Asian Women's Resource Centre**



108 Craven Park Harlesden London NW10 8QE O London Borough of Brent



020 88383462





All age service



Voluntary and Community



Wellbeing activity or support groups

Provide referrals to counselling, practical multi-lingual advice and information, domestic violence outreach services and support groups, health information and wellbeing activities including a young women's group, yoga classes, healthy eating, knitting classes. The services supports women from black, minority ethnic, or refugee backgrounds (BMER). Some services are only provided for women in Brent and Harrow, while others support women in other boroughs - the centre can advise.



Self-referral, GP or other medical referral, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### Back on track (IAPT) - West London Mental **Health NHS Trust**



194 Hammersmith Road Hammersmith London W6 7D.J

Hammersmith and Fulham



0300 1231156

Adult service





Psychological therapies including IAPT, Counselling

The services offers psychological help to people with low level symptoms of anxiety or depressed, or those going through a stressful situation because of redundancy, illness or relationship difficulties.



Self-referral, GP or other medical referral

#### **CAMHS - Central and North West London NHS Foundation Trust**



Multiple locations across north west London and Milton

North West London and Milton Keyness



Multiple see web link





age service





Community and specialist inpatient services for children experiencing mental health problems, and their families. Perinatal services also offered. Offers assessment and treatment packages for children and young people and their families. Treatment may include cognitive behavioural therapy (CBT), family therapy, play therapy, individual and group psychotherapy. Medication may also be provided where appropriate, provided by doctors.



GP or other medical referral

#### Centre for Armenian Information and Advice 105a Mill Hill London W3 8JF O London Borough of Ealing 020 89924621 Click to view website Voluntary and Community

Wellbeing activity or support groups

Provides wide range of wellbeing activities for the Armenian community including health advocacy &

outreach service, advisory & information services, and

Refugee/Migrant Specialist 🗸

activity groups for children and older people.

Self-referral, Voluntary or community organisation





#### Harrow Association of Somali Voluntary Organisations (HASVO)



66 Lower Road South Harrow Middlesex Harrow HA2 0DH © London Borough of Harrow



020 4235948





All age service



Voluntary and Community



Advocacy or improving access to MH services

HASVO run workshops with IAPT to raise awareness of mental health issues in the Somali community, offering an environment where people can talk about mental health without fear of the stigma that can be associated with it. Can provide referrals to IAPT If people feel they want to access further support.



Self-referral, GP or other medical referral

Refugee/Migrant Specialist 🗸

#### Hounslow IAPT - West London Mental Health NHS Trust





0300 1230739





Adult service





Psychological therapies including IAPT, Wellbeing activity or support groups

Talking therapy service for adults with depression and anxiety disorders. It provides cognitive behavioural therapy (CBT), counselling for depression, dynamic interpersonal therapy (DIT) and couples counselling, and runs clinics in Chiswick, Brentford, central Hounslow and Feltham.



Self-referral, GP or other medical referral

#### **Iraqi** Association



Unit 1 Caval House 233 Wood lane London

W12 OHL

O London Borough of Hammersmith & Fulham



020 70232650





Adult service



Voluntary and Community

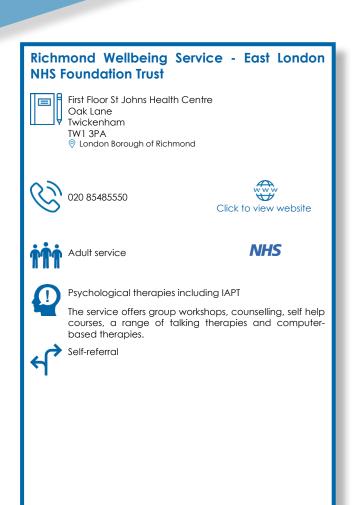


Wellbeing activity or support groups

The association offer wellbeing groups for Iraqi or Arabicspeaking older people (aged 55 years and over) and women only. The groups provide a range of different activities including exercise, workshops, discussions, knitting and outdoor excursions.



Self-referral





# **NORTH EAST**

# Northumberland and Tyne and Wear

# Children's Society - SMART (Supporting Migrants, Asylum-seekers and Refugees Together)



Provincial House 150 Northumberland Street Newcastle upon Tyne NE1 7DQ © Newcastle City Council



0191 2210836





Children and Young People Service



Voluntary and Community



Wellbeing activity or support groups

Provides a weekly drop-in for families, with interpreter support, as well as one-to-one appointments for service users to resolve more complex matters. The organisation also provides practical, emotional and skills based support so children stay safe, enjoy a good childhood and have increased wellbeing.



Self-referral, Self-referral, Friends and family, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

#### **Freedom from Torture**



The Alan Smithson Rooms City House 1-3 City Road Newcastle NE1 2AF © Newcastle City Council



0191 2615825





All age service



Voluntary and Community



Wellbeing activity or support groups, Counselling

Freedom from Torture provide counselling, therapeutic and creative group work and ongoing support as well as wellbeing groups for children, young people and adults (including families) in the North East who have been victims of political torture and organised violence. Wellbeing activities include gardening, music, creative writing and cookery.



GP or other medical referral, Solicitor, Voluntary or community organisation, Self-referral, Friends and family

Refugee/Migrant Specialist 🗸

Sunderland Psychological Wellbeing Service
- Northumberland, Tyne and Wear NHS
Foundation Trust



Monkwearmouth Hospital Newcastle Road Sunderland SR5 1NB © Tyne and Wear



0191 5665450





Adult service





Psychological therapies including IAPT

Delivered in partnership between Northumberland, Tyne and Wear NHS Foundation Trust, Sunderland Counselling Service and Washington MIND Provide assessments and a range of treatments for people with common mental health problems.



GP or other medical referral

# **NORTH EAST**

### Tees Valley and Durham

#### Talking Changes - Tees, Esk and Wear Valleys NHS Foundation Trust



Talking Changes
Craglea 1st Floor
Lanchester Road Hospital
Durham
DH1 5RD
© County Durham and Darlington











Psychological therapies including IAPT

The service provides access to psychological therapies for people aged 16 years and over experiencing a common mental health problem such as depression, generalised anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder, and who are not already accessing adult mental health services.



Self-referral, GP or other medical referral

#### Tees, Esk and Wear Valleys NHS Foundation Trust



Trust Headquarters West Park Hospital Edward Pease Way Darlington County Durham DL2 2TS

© County Durham and Darlington; Teesside; Scarborough, Whitby and Ryedale; Hambleton and Richmondshire; Harrogate and Crayen; and the Vale of York



01325 552000



Click to view website



All age service

**NHS** 



Inpatient services, Community-based MH services, Psychological therapies including IAPT, Counselling, CAMHS

The Trust provides services for adults and young people in: County Durham and Darlington; Teesside; Scarborough, Whitby and Ryedale; Hambleton and Richmondshire; Harrogate and Craven; and the Vale of York. This includes community mental health teams, assertive outreach and IAPT services (in North Yorkshire). The Trust provides a trauma-informed care approach. CAMHS services are delivered across multiple local sites in the region.



GP or other medical referral

#### We Can Talk (Teesside) - Tees, Esk and Wear Valleys NHS Foundation Trust



Hartlepool, Stockton-on-Tees, Middlesbrough or Redcar and Cleveland



01642 263121





Adult service





Psychological therapies including IAPT

The service provides access to psychological therapies for people aged 16 years and over experiencing a common mental health problem such as depression, generalised anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder, and who are not already accessing adult mental health services.



Self-referral, GP or other medical referral

# **NORTH WEST**

#### Cheshire

#### CAMHS - Cheshire and Wirral Partnership Foundation Trust



Multiple locations

Cheshire East Council, Cheshire West and Chester Council



Multiple see web link





Children and Young People Service





CAMHS

Assessment and interventions based on needs (from a broad range of therapies, consultation and advice), provided to children, young people and their families. Services open to children and young people aged 0-16 or 16-19 (Cheshire East and West teams), 0-13 or 14-18 (Wirral team).



GP or other medical referral, Self-referral, Friends and family, Education, Social services

#### The Wellbeing Hub - Cheshire and Wirral Partnership Trust



Delamere Resource Centre 45 Delamere Street

Crewe

CW1 2ER

Cheshire East Council



01606 555263





Adult service

NHS



Psychological therapies including IAPT, Wellbeing activity or support groups, Guided self-help

Combines an IAPT and a Gateway service, as a single point of access into secondary care mental health services for people aged 16 years and over. Team provides assessment and treatment which can include guided self-help, group work, individual therapy and signposting. The team will also refer on to other appropriate services, which can include secondary care/specialist mental health services, community services and third sector services. Supports people in the South Cheshire and Vale Royal areas.

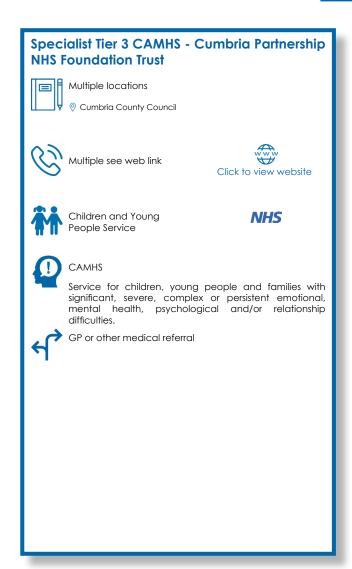


GP or other medical referral, Self-referral, Friends and family, Education, Social services

# **NORTH WEST**

#### Cumbria





# **NORTH WEST**

#### Greater Manchester

#### Befriending Refugees and Asylum Seekers (BRASS)



The Park Lodge Green Lane Great Lever Bolton Lancashire BL3 2HP





01204 238340





All age service



Voluntary and Community



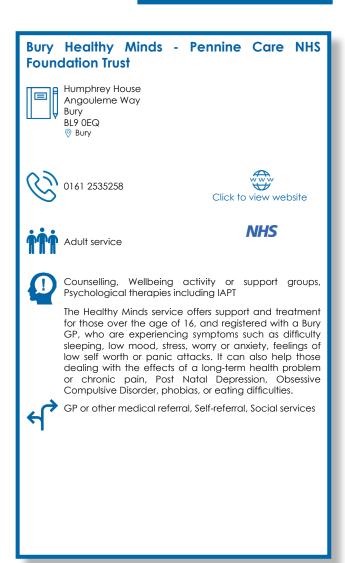
Wellbeing activity or support groups

Reducing isolation and promoting wellbeing through creative, fitness, healthy eating and group activities and drop in and befriending services. Wellbeing activities include a weekly sewing group and drop-in sessions.



Self-referral, Voluntary or community organisation





### Greater Manchester

#### **Freedom from Torture**



1st Floor North Square 11-13 Spear Street Manchester M1 1JU North West







All age service



Voluntary and Community



Counselling, Wellbeing activity or support groups

Freedom from Torture provide counselling, therapeutic and creative group work and ongoing support as well as wellbeing groups for children, young people and adults (including families) in the North West who have been victims of political torture and organised violence. Wellbeing activities include gardening, music, creative writing and cookery.



GP or other medical referral, Self-referral, Friends and family, Voluntary or community organisation, Education,

Refugee/Migrant Specialist 🗸

#### Greater Manchester Mental Health NHS **Foundation Trust**



Trust Headquarters Bury New Road Prestwich Manchester

M25 3BI

 Bolton, Central Lancashire, Cheshire and Merseyside, Cumbria, Manchester, Prestwich, Salford, Trafford, Wigan and Leigh



0161 7739121





All age service





Inpatient services, Community-based MH services, Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups, Drop-in/day services, CAMHS

The Trust provides a wide range of mental health services across the North West of England including Crisis Care, Community Mental Health Teams, Early Intervention, Home-Based Treatment, inpatient care and clinics (at Bolton NHS Foundation Trust, Salford Royal NHS Foundation Trust and Trafford General Hospital), Memory Clinics, Child and Adolescent Mental Health, Community Psychological Therapies, Forensic Mental Health, Health and Justice Services, Mental Health and Deafness and Substance Misuse Services.



GP or other medical referral

Healthy Young Minds Trafford - Child and Adolescent Mental Health Services - Pennine **Care NHS Foundation Trust** 



Waterside House Sale Waterside Sale M33 7ZF Trafford







Adult service





Healthy Young Minds Trafford offers specialist services to children and young people who are experiencing mental health difficulties. It helps children and young people up to the age of 18 years and provides assessment and intervention and support to families/carers.



### Greater Manchester

#### Heywood & Middleton Community Mental Health Team - Pennine Care NHS Foundation Trust



Hanson Corner Hanson Street Middleton M24 2HW

Heywood, Middleton and Rochdale



0161 7163900





Adult service





Community-based MH services

The Service offers mental health services to residents of Heywood & Middleton whose mental health needs call for services under the Care Programme Approach (CPA). Service users are offered assessment, care planning, care and treatment with usually a named care coordinator and Consultant Psychiatrist involved in their care. The team comprises of Doctors, Nurses, Social Workers, Occupational Therapists, Support workers and with input from Psychological services.







### Greater Manchester

### Oldham Healthy Minds - Pennine Care NHS Foundation Trust



111 Union Street Oldham Ol1 1RU Oldham



0161 7162777





Adult service





Counselling, Wellbeing activity or support groups, Psychological therapies including IAPT

The Healthy Minds service offers support and treatment for those over the age of 16, and registered with an Oldham GP, who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self worth or panic attacks. It can also help those dealing with the effects of a long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties.



GP or other medical referral, Self-referral, Social services

### Oldham Single Point Of Entry - Pennine Care NHS Foundation Trust



Home Treatment Team Offices
Parklands House, The Royal Oldham Hospital
Oldham
OL1 2JH





0161 7162757





Adult service





Advocacy or improving access to mental health services

The Single Point of Entry provides an easy access route into mental health services for people aged 16-65. It provides a comprehensive assessment and can offer short term support in respect of any identified mental health difficulties if indicated and medical review can be arranged. The service holds a same day appointment available for urgent referrals as an alternative to A&E.



GP or other medical referral, Social services

### Specialist Psychotherapy Service - Greater Manchester Mental Health NHS Foundation Trust



Bridgewater Suite St James's House Pendleton Way Salford M6 5FW © Salford



0161 3581777





Adult service





Psychological therapies including IAPT

The service provides individual and group therapies to help those with longstanding difficulties to make improvements in their wellbeing and in relationships. It provides a Complex Trauma Service, which is a specialist clinic offering consultation and treatment to people who have experienced a significant traumatic event. The service offers a brief, four session treatment, and a longer term weekly trauma focused individual therapy.



### Greater Manchester

### Stockport Access Team - Pennine Care NHS Foundation Trust



Oasis Building
Stepping Hill Hospital
Stockport
SK2 7JE

Stockport



0161 4194678



NHS





Advocacy or improving access to MH services

The access team is the single point of referrals to mental health services for adults. This team includes consultant psychiatrists, social workers, assessment workers and primary care mental health workers.



GP or other medical referral, Self-referral, Social services

### Stockport Healthy Minds - Pennine Care NHS Foundation Trust



Oasis Building Stepping Hill Hospital Stockport Sk2 7 JE © Stockport



0161 4195725





Adult service





Counselling, Wellbeing activity or support groups, Psychological therapies including IAPT

The Healthy Minds service offers support and treatment for those over the age of 16, and registered with an Stockport GP, who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self worth or panic attacks. It can also help those dealing with the effects of a long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties.



GP or other medical referral, Self-referral, Social services

### Tameside and Glossop Access Team - Pennine Care NHS Foundation Trust



E Block
225 Old Street
Ashton Under Lyne
OL6 7SR
© Tameside and Glossop



0161 7164247

Adult service







Advocacy or improving access to MH services

The team receives all routine (non urgent) referrals into mental health services, to identify the most appropriate care pathway. It provides a triage function and, if required, complete routine assessments to identify the most appropriate care pathway. The team also offers brief intervention for patients who may not meet criteria for primary or secondary care.



GP or other medical referral, Self-referral, Social services

### Greater Manchester

#### Tameside and Glossop Healthy Minds **Pennine Care NHS Foundation Trust**



**■** E Block 225 Old Street Ashton Under Lyne Tameside and Glossop











Counselling, Wellbeing activity or support groups, Psychological therapies including IAPT

The Healthy Minds service offers support and treatment for those over the age of 16, and registered with a Tameside and Glossop GP, who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self worth or panic attacks. It can also help those dealing with the effects of a long-term health problem or chronic pain, Post Natal Depression, Obsessive Compulsive Disorder, phobias, or eating difficulties.



GP or other medical referral, Self-referral, Social services

#### Tameside North Community Mental Health **Team - Pennine Care NHS Foundation Trust**



Haughton House Stamford Street East Ashton-Under-Lyne OL6 6QQ O Tameside North



0161 7163500





Adult service





Community-based MH services

Community Mental Health Teams offer a service primarily to adults of working age who require assessment by a specialist mental health professional. The Service also accepts referrals of adults of other ages if their needs are best met by the Community Mental Health Service.



GP or other medical referral, Self-referral, Social services

#### Tameside South Community Mental Health **Team - Pennine Care NHS Foundation Trust**



Pennine Care NHS Foundation Trust Outram Road

Dukinfield SK16 4XE

Tameside South



0161 7163434





Adult service





Community-based MH services

Community Mental Health Teams offer a service primarily to adults of working age who require assessment by a specialist mental health professional. The Service also accepts referrals of adults of other ages if their needs are best met by the Community Mental Health Service.



GP or other medical referral, Self-referral, Social services

### Greater Manchester



### Lancashire

#### CAMHS Tier 2 & 3 Community Services - Lancashire Care NHS Foundation Trust



Chorley & South Ribble CAMHS, Fylde & Wyre CAMHS, Lancaster & Morecambe CAMHS, Preston CAMHS, West Lancashire CAMHS

Multiple see web link

O Lancashire



Multiple see web link





Children and Young People Service NHS



CAMH

Provides multidisciplinary mental health services for all children and young people with mental health problems and disorders to ensure effective assessment, treatment and support, for them and their families. Services are provided mainly in the clinic settings. But some young people are seen in satellite clinics, school, the home environment, GPs surgeries, Children's centres and other settings.



GP or other medical referral, Education

#### **Global Link**



Global Link DEC
YMCA
New Road
Lancaster
LA1 1EZ

© Lancashire County Council



01524 36201





All age service





Wellbeing activity or support groups, Drop-in/day services

Drop-in for refugees to meet local people and each other, to share food, and find out about the social, physical and cultural activities available to them. Offers wellbeing activities, including craft skills.



Self-referral, Education, Any other professional

Refugee/Migrant Specialist 🗸

#### **Lancashire Care NHS Foundation Trust**



Sceptre Point Sceptre Way Walton Summit Preston PR5 6AW © Lancashire



01772 695300





Adult service





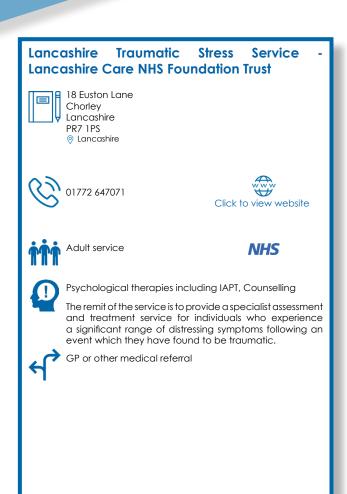
Inpatient services, Community-based MH services, Psychological therapies including IAPT, Wellbeing activity or support groups

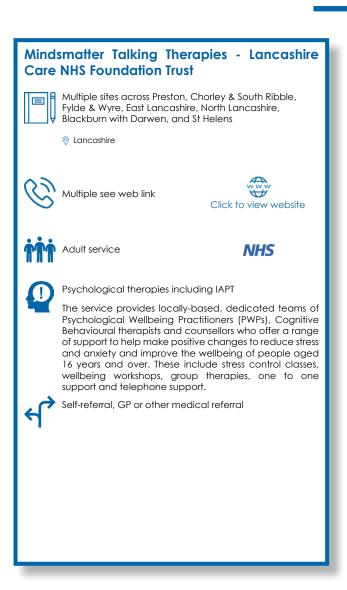
The Trust provides health and wellbeing services for a population of around 1.4million people. The services provided include community services such as health visiting, podiatry, sexual health and dentistry as well as inpatient and community mental health services. Clinical services are delivered through three networks: Community and Wellbeing; Children and Young Person's Wellbeing; Mental Health. The Specialist Triage Assessment and Referral Team (START) provides a single point of access into Adult Mental Health Services (aged 16+).



GP or other medical referral, Self-referral

### Lancashire





# Merseyside

#### Assessment Teams - North West Boroughs Healthcare NHS Foundation Trust



Knowsley Assessment Team

Knowlsey Resource and Recovery Centre

Whiston Hospital Dragon Lane

Prescot



0151 6765263









Advocacy or improving access to mental health services, Community-based mental health services

The all-hours Assessment Team provides specialist assessment, advice and signposting for adults with moderate to severe symptoms of mental illness such as severe depression and anxiety, as well as conditions like schizophrenia and bipolar disorder.



GP or other medical referral, Self-referral

#### **Asylum Link Merseyside**



St Anne's
Overbury Street
Liverpool
L7 3HJ

© Liverpool City Counci



0151 7091713





All age service

Voluntary and Community



Drop-in/day services, Wellbeing activity or support groups, Advocacy or improving access to mental health services

ALM support refugees and asylum seekers living in Merseyside area. They run a Health Information Gateway Service that among other things provides information on mental health, TB, HIV and other areas of health which may impact on refugees. Community mental health workers run a drop-in clinic. ALM also offer information and advice on immigration, housing as well as provision of destitution support, free clothing, furniture, English classes, social and leisure activities..



GP or other medical referral, Social services, Education

Refugee/Migrant Specialist 🗸

# Child and Adolescent Mental Health Services - North West Boroughs Healthcare NHS Foundation Trust



Knowsley CAMHS

Knowsley Resource and Recovery Centre

Whiston Hospital

Prescot 135.5DR

9 Halton, Knowsley, St Helens, Warrington and Wigan



0151 4896137





Children and Young People Service





**CAMHS** 

The service works with young people up to the age of 18 with emotional, behavioural or mental health difficulties, and their families.



GP or other medical referral, Social services, Education

## Merseyside

#### **Mersey Care NHS Trust**



Mersey Care NHS Foundation Trust V7 Building Kings Business Park Prescot Liverpool L34 1PJ Q Liverpool, Sefton and Kirkby, Mersevside







NHS



Inpatient services, Community-based MH services, Psychological therapies including IAPT

The Trust provides specialist inpatient and community mental health, learning disabilities, addiction management and acquired brain injury services for the people of Liverpool, Sefton and Kirkby, Merseyside across 30 sites. Community mental health teams work with people with severe and enduring mental health problems as well as those with less severe illness who have not responded to provided interventions in primary care services.



GP or other medical referral

#### Psychological Services - Mersey Care NHS Trust



Mersey Care NHS Foundation Trust V7 Building Kings Business Park Prescot Liverpool

L34 1PJ

O Liverpool, Sefton and Kirkby, Merseyside



0151 4730303

Adult service





NHS



Psychological therapies including IAPT

Mersey Care has a range of staff skilled in psychological work across both its local and secure divisions. The type of psychological care provided varies according to the needs of people using their services. Many services operate as multi-professional teams, and most of these include an applied psychologist, working closely with other staff - psychiatrists, allied health professionals, nursing and social care staff - some of whom may also have trained in psychological therapy, or have studied psychology as part of their basic training. Psychologists support and supervise other workers to use psychological approaches in their work, as well as having direct contact with services. A few small teams in the trust are mainly made up of staff who are specialists in psychological approaches; these include the Eating Disorders and Psychotherapy teams, trauma rehabilitation pathway and the Aspergers team.



GP or other medical referral

#### **Revive**



187 Grev Mare Lane Beswick Manchester

M11 3ND

Manchester City Council



0161 2235668



Click to view website



All age service



Voluntary and Community



Drop-in/day services, Wellbeing activity or support groups

Revive provide refugees and asylum seekers with wellbeing activities including women's group, agrdening, training courses, and football activity. They also provide practical support services and advocacy, immigration advice, and drop in centres.



Self-referral

## Merseyside

#### Talk Liverpool - Mersey Care NHS Trust



Mersey Care NHS Foundation Trust V7 Building Kings Business Park Prescot Liverpool L34 1PJ © Liverpool











Psychological therapies including IAPT

Talk Liverpool provides psychological help and support and help with a range of difficulties including: low mood; panic attacks; bad memories after traumatic events; phobias; sleep problems; lack of confidence in social situations; anxiety; depression; health anxiety; stress; worry; repeated washing or checking worry.



GP or other medical referral, Self-referral, Voluntary or community organisation, Any other professional

#### Think Wellbeing - North West Boroughs Healthcare NHS Foundation Trust - Halton



Think Wellbeing Knowsley
Whiston Primary Care Resource Centre
Old Colliery Road
Whiston
L35 3SX

Platton, Knowsley, St Helens, Warrington and Wigan



0151 4301707



Click to view website



Adult service





Counselling, Psychological therapies including IAPT, Wellbeing activity or support groups

Think Wellbeing offers free NHS therapy for people in Knowsley with common mental health problems like anxiety or depression. It offers

online therapy 24 hours a day, seven days a week, a six-week Skills for Wellbeing Course (available at flexible times and dates) and for those who need extra help, one-to-one therapy with specialist therapists.



Self-referral, GP or other medical referral

### Think Wellbeing - North West Boroughs Healthcare NHS Foundation Trust - Knowsley



Think Wellbeing Halton St John's Unit Alforde Street

Widnes
WA8 7QA

Malton, Knowsley, St Helens, Warrington and Wigan



0151 2926954





Adult service





Counselling, Psychological therapies including IAPT, Wellbeing activity or support groups

Think Wellbeing offers free NHS therapy for people in Halton with common mental health problems like anxiety or depression. It offers

online therapy 24 hours a day, seven days a week, a six-week Skills for Wellbeing Course, available at flexible times and dates and for those who need extra help, one-to-one therapy with specialist therapists.



# Merseyside





Think Wellbeing - Wigan Lindamere Unit Leigh Infirmary The Avenue Leigh WN7 1HS

9 Halton, Knowsley, St Helens, Warrington and Wigan







Adult service





Counselling, Psychological therapies including IAPT, Wellbeing activity or support groups

Think Wellbeing offers free NHS therapy for people in Wigan with common mental health problems like anxiety or depression. It offers online therapy 24 hours a day, seven days a week, a six-week Skills for Wellbeing Course, available at flexible times and dates and for those who need extra help, one-to-one therapy with specialist therapists.



Self-referral, GP or other medical referral





The Stein Centre Derby Road, Tranmere ₩irral

CH42 0LQ Wirral Council



0151 4888156





Adult service





Advocacy or improving access to mental health services

Provides mental health assessment and sign posting to other services, e.g. counselling via a GP, referral to another specialist team or providing the patient (aged 18 and over and registered with a Wirral GP) with information specific to their care needs.



# Berkshire, Buckinghamshire and Oxfordshire

### Anxiety and Depression Team - Berkshire Healthcare NHS Foundation Trust



Ø Berkshire



0300 3651234 (urgent referrals)



Click to view website



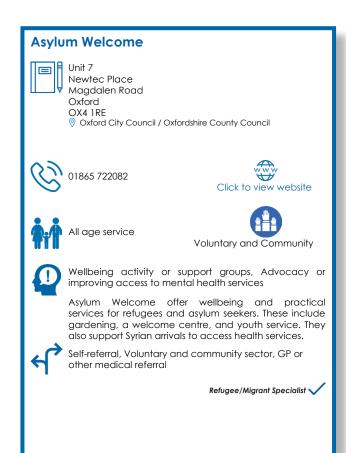
Children and Young People Service

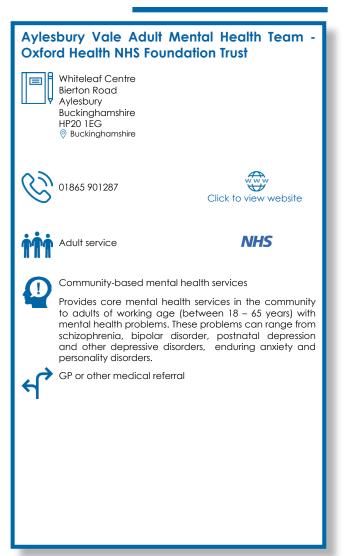




The Service treats children and young people with generalised anxiety, social phobia, separation anxiety, panic attacks, specific phobias, obsessive compulsive disorder (OCD), body dysmorphic disorder (BDD), depression and post-traumatic stress disorder (PTSD).







# Berkshire, Buckinghamshire and Oxfordshire







# Berkshire, Buckinghamshire and Oxfordshire

#### Healthy Minds Bucks- Oxford Health NHS **Foundation Trust**



Healthy Minds Bucks Floor 2 Prospect House Crendon Street High Wycombe HP13 6LA Buckinghamshire



01865 901600



NHS





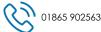
Advocacy or improving access to mental health services, Psychological therapies including IAPT

Healthy Minds offers talking therapies, practical support and employment advice to people with a GP in Buckinghamshire.



GP or other medical referral, Self-referral









Adult service





Community-based mental health services

Provides core mental health services in the community to adults of working age (between 18 - 65 years) with mental health problems. These problems can range from schizophrenia, bipolar disorder, postnatal depression and other depressive disorders, enduring anxiety and personality disorders.





# Berkshire, Buckinghamshire and Oxfordshire

### Refugee Resource (Oxfordshire)



Old Music Hall 106-108 Cowley Road Oxford

Oxford City Council / Oxfordshire County Council





Click to view website





Voluntary and Community

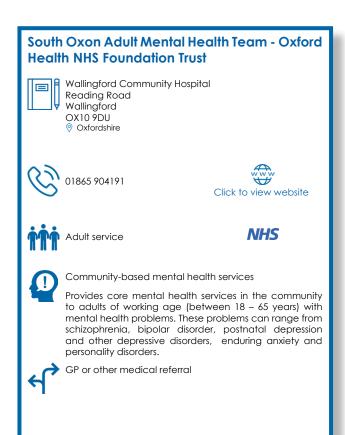


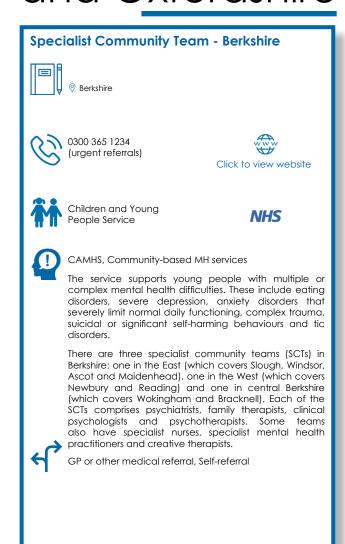
Counselling, Psychological therapies including IAPT, Wellbeing activity or support groups

Provide psychological, social and practical support for refugees, asylum seekers, and vulnerable migrants aged 17 years and over. Services include counselling, psychological support, mentoring to increase confidence and reduce isolation, a women's group (support, activities), and men's football.



Self-referral, GP or other medical referral, Voluntary or community organisation.





# Berkshire, Buckinghamshire and Oxfordshire

#### Talking Space - Oxford Health NHS Foundation Trust



TalkingSpace Plus Oxbridge Court Osney Mead Oxford OX2 0ES Oxfordshire



01865 901222





All age service





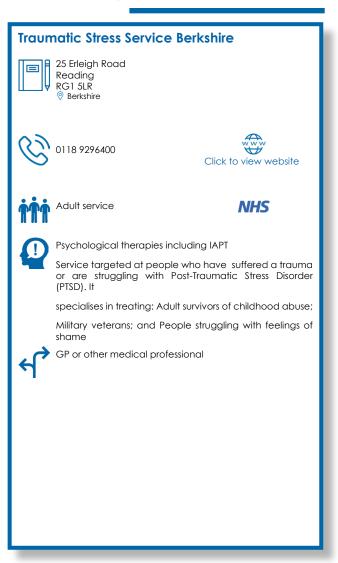
Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups

TalkingSpace Plus is a partnership between Oxford Health NHS Foundation Trust, Oxfordshire Mind, and Principal Medical Limited (PML). It is a stepped care approach, offering CBT-based courses, counselling and therapy. It targets people struggling with depression and anxiety, helping them move forward and recover using psychological therapies.



GP or other medical referral, Self-referral





# Hampshire and Isle of Wight

### Adult Mental Health Services - Southern Health NHS Foundation Trust



Tatchbury Mount Calmore Southampton SO40 2RZ Hampshire



023 80874000





Adult service





Inpatient services, Community-based MH services, Psychological therapies including IAPT, Wellbeing activity or support groups, Drop-in/day services

The Trust provides a range of specialist mental health services including: Early Intervention in Psychosis; Eating Disorders Service; iTalk (treatment and support for people with depression and anxiety disorders); Mother and Baby Mental Health Service; Problems with drug or alcohol use; Psychiatric Intensive Care; Rehabilitation and Secure services.



GP or other medical referral

# Child and Adolescent Mental Health Services - Sussex Partnership NHS Foundation Trust Multiple locations including Andover, Aldershot, South-

ampton, Winchester, Basingstoke, Fareham, Havant and Eastleigh

Multiple see web link

Plampshire



Multiple see web link



Click to view website



Children and Young People Service





CAMHS

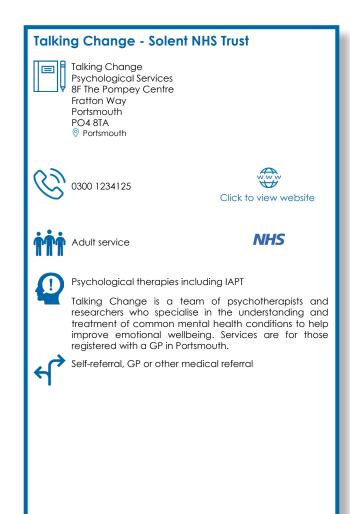
The service help children and young people, their families and carers when someone is experiencing emotional well-being or mental health difficulties, across locations, such as GP surgeries, clinics, hospitals and schools, to support young people experiencing mental health conditions such as anxiety, depression, self-harm, eating disorders, obsessive compulsive disorder and psychosis.

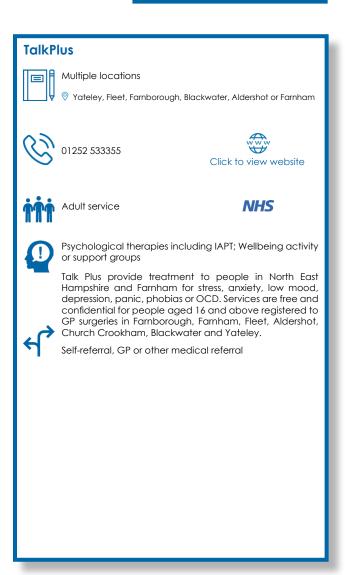




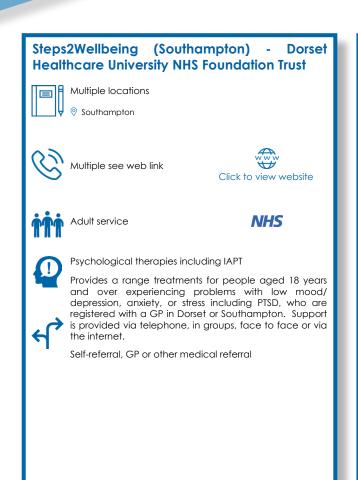
# Hampshire and Isle of Wight







# Hampshire and Isle of Wight





### Kent

#### Kent and Medway NHS and Social Care Partnership Trust



Trust Headquarters Farm Villa Hermitage Lane Maidstone Kent ME16 9PH © Kent and Medway



0300 2220123





All age service





Inpatient services, Community-based mental health services, Counselling, Wellbeing activity or support groups, Drop-in/day services

The Trust provides mental health and social care services for Kent and Medway, predominantly provided around key urban centres including Maidstone, Medway and Canterbury, as well as in community locations. Services are provided through community based teams, outpatient clinics and inpatient units, for people aged 14 years and over.



GP or other medical referral

#### Kent Children and Young People's Mental Health Service - North East London NHS Foundation Trust



Twisleton Court Priory Hill Dartford DA1 2EN © Kent



0300 1234496





Children and Young People Service





Wellbeing activity or support groups

CYPMHS provides emotional wellbeing and mental health advice and support for young people aged up to 18 years and their families across Kent. Offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD.



Self-referral

### Kent Refugee Action Network (KRAN)



KRAN Refugee Youth Hub Unit 1 34 Simmonds Road Wincheap Industrial Estate Canterbury Kent CT1 3RA © Kent County Council



01227 634320





Children and Young People Service



Voluntary and Community



Advocacy or improving access to mental health services, Drop-in/day services, Wellbeing activity or support groups, Befriending

The KRAN Drop-In provides personalised, specialised support for young unaccompanied asylum seeking and refugee minors (UASC), aged 16 to 24 . Services include advice and advocacy (no appointments necessary) as well as activities and workshops for young people at the KRAN Hub in Wincheap. The drop-In also provides a more generally social space to enable young people to socialise and support each other. The advocacy service (for which no appointment is necessary) can support young people with understanding health documentation, follow up and mediation with health services. KRAN also provides befriending and mentoring services.



Self-referral, Social services

### Kent

### Thinkaction Ashford - Kent and Medway NHS and Social Care Partnership Trust



171 Beaver Road Ashford Kent

TN23 7SG

Ashford, Charing, Tenterden, Sellindge, Hamstreet and Woodchurch



0300 0120012



Click to view website



Adult service

NHS



Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Thinkaction provides services related to depression, anxiety, panic attacks, obsessive compulsive disorder, post-traumatic stress disorder, stress and worry through therapy groups, practical workshops, one-to-one counselling, telephone support, cognitive behavioural therapy and online therapy.



Self-referral, Friends and family, GP or other medical referral

# Thinkaction Canterbury and Coastal - Kent and Medway NHS and Social Care Partnership Trust



34 Simmonds Road Canterbury Kent CT1 3RA





0300 0120012





Adult service





Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Thinkaction provides services related to depression, anxiety, panic attacks, obsessive compulsive disorder, post-traumatic stress disorder, stress and worry through therapy groups, practical workshops, one-to-one counselling, telephone support, cognitive behavioural therapy and online therapy.



Self-referral, Friends and family, GP or other medical referral

### Thinkaction Thanet and South Kent - Kent and Medway NHS and Social Care Partnership Trust



1 Cecil St Margate

∀ Kent
 CT9 1N

Thanet, Margate, Minster, Aylesham, Dover, Deal, Birchington, Lyminge and Folkestone



0300 0120012



Click to view website



Adult service

NHS



Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Thinkaction provides services related to depression, anxiety, panic attacks, obsessive compulsive disorder, post-traumatic stress disorder, stress and worry through therapy groups, practical workshops, one-to-one counselling, telephone support, cognitive behavioural therapy and online therapy.



Self-referral, Friends and family, GP or other medical referral

### Kent

#### Thinkaction West Kent - Kent and Medway **NHS and Social Care Partnership Trust**



Maidstone Community Support Centre 39-48 Marsham Street Maidstone

ME14 1HH

Maidstone, Tonbridge (Hadlow and Marden), Tunbridge Wells, Sevenoaks, Brenchley/Horsmonden, Cranbrook and Aylesford.



0300 0120012



Click to view website



dult service





Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Thinkaction provides services related to depression, anxiety, panic attacks, obsessive compulsive disorder, post-traumatic stress disorder, stress and worry through therapy groups, practical workshops, one-to-one counselling, telephone support, cognitive behavioural therapy and online therapy.



Self-referral, Friends and family, GP or other medical

### Thinkaction Medway and Swale - Kent and Medway NHS and Social Care Partnership Trust



Anchorage House 44-67 High Street Chatham Kent

ME4 4LE

Medway and Swale



0300 0120012





Adult service





Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Thinkaction provides services related to depression, anxiety, panic attacks, obsessive compulsive disorder, post-traumatic stress disorder, stress and worry through therapy groups, practical workshops, one-to-one counselling, telephone support, cognitive behavioural therapy and online therapy.



Self-referral, Friends and family, GP or other medical

### **Kent Talking Therapies**



Brogdale Farm Broadale Road Faversham Kent

ME13 8XZ

Peast Kent, Dartford, Gravesham, Swanley, Swale



0300 555 5555





Adult service





Psychological therapies including IAPT

Insight Healthcare Talking Therapies is a free and confidential service, commissioned by the NHS, and is available to anyone aged 17+ who lives in anyone gaed 18+ who lives in Darford, Gravesham, Swanley, or Swale. Services are provided face-to-face and on the telephone. The face-to-face consultations are carried out in GP surgeries and various health and community venues throughout Kent.



### Kent

#### **Medway Talking Therapies**



12-16 Ordnance Street Chatham Kent ME4 6SL





0300 029 3000



Click to view website



Adult service





Psychological therapies including IAPT

Insight Heathcare Talking Therapies is a free and confidential service, commissioned by the NHS, and is available to anyone aged 18 years and over who is registered with a Medway GP. Services are provided face-to-face and on the telephone. The face-to-face consultations are carried out in GP surgeries and various health and community venues throughout Medway.



Self-referral, GP or other medical referral

### **FCS Talking Therapies**



10 Gatefield Lane Faversham Kent ME13 8NX

Faversham and Swale, Herne Bay, Whitstable, Canterbury



01795 591 019



Click to view website



Adult service





Psychological therapies including IAPT, Counselling

Free talking therapies service for people with conditions such as anxiety, depression and stress. This service is accessible for people living within the Swale, Canterbury and Coastal areas.



Self-referral, GP or other medical referral

### North Kent Mind Primary Care Psychological Services



The Almshouses 20 West Hill Dartford

Kent DA1 2EP

O Dartford, Gravesham and Swanley, and Medway.



01322 291380



Click to view website



Adult service



Voluntary and Community



Psychological therapies including IAPT; Wellbeing activity or support groups; Counselling

North Kent Mind offers NHS-funded talking therapies to help with issues such as depression, low mood, anxiety, panic attacks, OCD (Obsessive Compulsive Disorder), social or other phobias, agoraphobia or Post Traumatic Stress Disorder. Services are provided in North Kent and Medway. North Kent mind also offers a range of different services including low-cost counselling and wellbeing courses, activities and support groups.



### Kent

### University Medical Centre Psychological Therapies Service (UMCPT)



Multiple locations

© Canterbury, Herne Bay, Whistable, Thanet, Folkestone, Dymchurch, Deal, Dover, Hythe and surrounding areas



01227 469 33





Adult service





Psychological therapies including IAPT

A free NHS talking therapies service offering support to anyone aged 17 and over, registered with a GP within East Kent, who would like help and support with their wellbeing and mental health. Services are provided from various locations across East Kent including GP Practices, community settings and from our own premises.



Self-referral, GP or other medical referral

# Psicon 15 Ner Cante

15 New Dover Road Canterbury Kent

CT1 3AS

Sandwich, Faversham, Whitstable, Herne Bay, Canterbury



01227 379 099



Click to view website



Adult service





Psychological therapies including IAPT

TalkingTherapies@Psicon is a NHS-commissioned service, which offers free psychological services to people with mental health problems such as anxiety, stress and/ or depression. We can also help with difficulties such as obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). Treatment is offered to people aged 17 and are registered with a GP in the Canterbury and Coastal area.



Self-referral, GP or other medical referral

### **Dover Counselling Centre**



Multiple locations

O Dover, Deal, Folkestone, Hythe





Click to view website



Adult service

NHS



Psychological therapies including IAPT

Dover Counselling Centre locations offer talking therapies that can help with anxiety, depression, Stress, trauma, Phobias and other related problems. All offer treatments such as cognitive behavioural therapy (CBT), stress management, EMDR (Eye Movement Desensitisation and Reprocessing) and sometimes group work. Services are available for people aged 17 and upwards who are reaistered with a GP in the South Kent Coast area.



# Surrey and Sussex

#### **Brighton and Hove CBT**



Herbert Road
Brighton
BN1 6PB

Brighton and Hove City Council



07961 779010





Adult servic





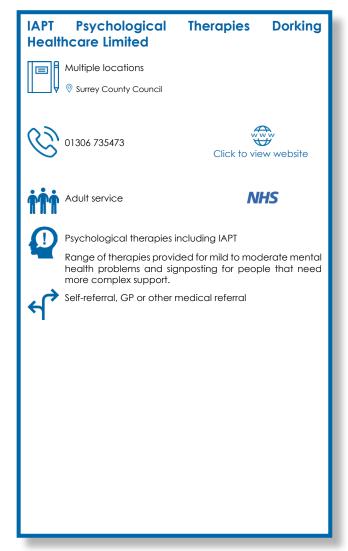
Counselling, Psychological therapies including IAPT

The organisation offers free specialist trauma counselling and psychotherapy to local refugees, asylum seekers and migrants without recourse to public funds to help them come to terms with their relocation in the UK.



GP or other medical referral, Voluntary or community organisation, Self-referral





# Surrey and Sussex

#### Mind Matters Surrey - Surrey and Borders Partnership NHS Foundation Trust



Napier House 62-64 Bridge Street Walton on Thames KT12 1AP © Surrey



0300 3305450





Adult service

NHS



Psychological therapies including IAPT, Wellbeing activity or support groups

The service provides Cognitive Behavioural Therapy (CBT) carried out by our Psychological Wellbeing Assistants / Practitioners and Psychological Therapists, over the phone or face-to-face, to support people aged 18 years and over and registered with a Surrey GP, with common health problems, including: anxiety; stress; panic attacks; depression; and Post Traumatic Stress Disorder (PTSD). It can arrange an interpreter for individuals where English is not the first language.



Self-referral

### Mindsight Surrey CAMHS - Surrey and Borders Partnership NHS Foundation Trust



Multiple community sites across Surrey: Epsom; Redhill and Tandridge; Oxted; Chertsey; Frimley; Ashford; and Guildford

Multiple see web link

Surrey



0300 2225755





Children and Young People Service





CAMHS

The service provides help and support to children and young people when they begin to feel emotionally or mentally unwell to build wellbeing and resilience to reduce the chances of their condition becoming more serious. Primary mental health practitioners, psychiatrists (doctors), psychologists, CAMHS social workers, art therapists, psychotherapists, nurses, family therapists, psychological wellbeing therapists and youth workers provide a wide range of mental health services for children and young people including Targeted Services which help vulnerable groups such as children in care and those experiencing sexual trauma.



GP or other medical referral, Education

### Refugee Radio



Community Base 113 Queens Road Brighton BN1 3XG

Brighton and Hove City Council



01273 234868





All age service



Voluntary and Community



Wellbeing activity or support groups, Advocacy or improving access to mental health services

Refugee Radio is a charity that supports refugees, asylum seekers and vulnerable migrants. They run community projects targeting mental health, isolation and social exclusion. They use radio and music to give a voice to this who do not have one. A men's walking group - meet once a week to walk; an informal support group; they also refer individuals to other mental health services. A moderate level of English is required for most services.



Self-referral, Voluntary or community organisation, Friends and family, GP or other medical referral

# Surrey and Sussex

#### Sanctuary in Chichester



West Sussex



sanctuaryinchichester@gmail.com





Children and Young People Service



Voluntary and Community



Wellbeing activity or support groups

Coach and run a football team for refugees and asylum seekers, named Nations United with team members from Eritrea, Sudan, Iran, Egypt and Syria.



Self-referral

Refugee/Migrant Specialist 🗸

### Surrey and Borders Partnership NHS Foundation Trust



Surrey and Borders Partnership NHS Foundation Trust
18 Mole Business Park

Leatherhead

Surrey KT22 7AD

Surrey & North East Hampshire



0300 5555222



Click to view website



All age service

NHS



Inpatient services, Community-based MH services, Psychological therapies including IAPT, Wellbeing activity or support groups, CAMHS

The Trust provides a range of services including: Talking Therapies services for adults with mild to moderate mental ill-health; community and hospital mental health services for adults and older adults with severe and/or complex illnesses; community mental health services for children and adolescents; and community eating disorder services for young people and adults in Surrey.



GP or other medical referral

### Sussex CAMHS - Sussex Partnership NHS Foundation Trust



Community teams based in Brighton and Hove, East Sussex and Hampshire

Sussex



Multiple see web link





Children and Young People Service





CAMHS

The service help children and young people, their families and carers when someone is experiencing emotional well-being or mental health difficulties, across locations, such as GP surgeries, clinics, hospitals and schools, to support young people experiencing mental health conditions such as anxiety, depression, self-harm, eating disorders, obsessive compulsive disorder and psychosis.



# Surrey and Sussex

#### **Sussex Interpreting Services**



Sussex Interpreting Services Community Base 113 Queens Road Brighton BN1 3XG Brighton and Hove City Council











Volunteers working in 17 different languages support people to find information about specialist services in the city, make appointments and link with these services through signposting and facilitated referrals, encouraging those services to book community interpreters. They

Advocacy or improving access to MH services

also help Service Users to understand correspondence, complete simple forms and make telephone calls on their behalf.



Self-referra





# Surrey and Sussex

### **Talking Therapies Surrey Online**



Fitzwilliam House Skimped Hill Lane Bracknell RG12 1BQ Surrey



0300 3652000



Adult service





Online CBT and counselling programmes

The Service provides online Cognitive Behavioural Therapy (CBT) and counselling programmes for people aged over 18 struggling with depression, stress, insomnia or an anxiety disorder.



GP or other medical referral, Self-referral

### **The Links Project**



Concordia Hall
Church Road
St Leonards on Sea
East Sussex
TN37 6HB
© East Sussex County Council



01424 444010





Adult service



Voluntary and Community



Drop-in/day services, Advocacy or improving access to mental health services, Wellbeing activity or support aroups

A multi-agency support and advice project for asylum seekers, refugees and new migrant communities living in East Sussex, that provides advice services to support people with accessing health care, as well as time limited wellbeing activities including gardening, sewing and English classes. Supports individual adults and families.



Self-referral, Friends and family, Voluntary or community organisation, Social services

Refugee/Migrant Specialist 🗸





Community Base
113 Queens Road
Brighton
BN1 3XG
© Brighton and Hove City Council





info@youthactionsussex.org.uk



Click to view website



Children and Young People Service



Voluntary and Community



Befriending

Provide a befriending service, matching young people from the local area with younger refugees and asylum seekers (aged 16-25) in order to build self-confidence and a sense of community for those new to the city. Offer individual sessions and regular drop-in group sessions.



GP or other medical referral

# Surrey and Sussex





Multiple locations

O Guidlford and Waverley; Surrey Downs; Surrey Heath; East



Multiple see web link



Click to view website



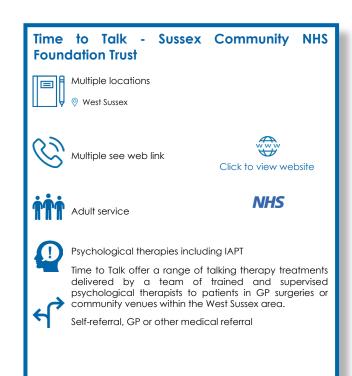


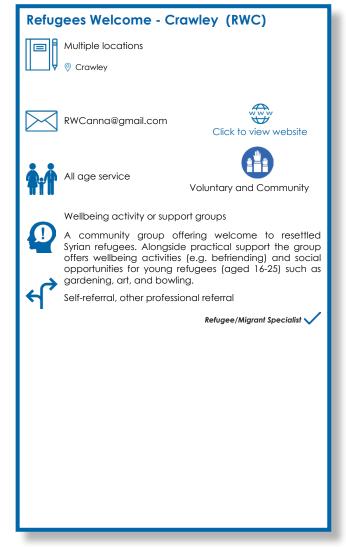


Psychological therapies including IAPT

Service provides psychological therapies for mental health disorders such as depression and anxiety, for adults over 18 years old, resident in Surrey and registered with a local GP surgery.







# Surrey and Sussex



### Cornwall and Isles of Scilly

### Cornwall CAMHS - Cornwall Partnership NHS Trust



Children's Services Care Management Centre Truro Health Park Infirmary Hill Truro

TR1 2JA

Ocrnwall Council



01872 32227





Children and Young People Service





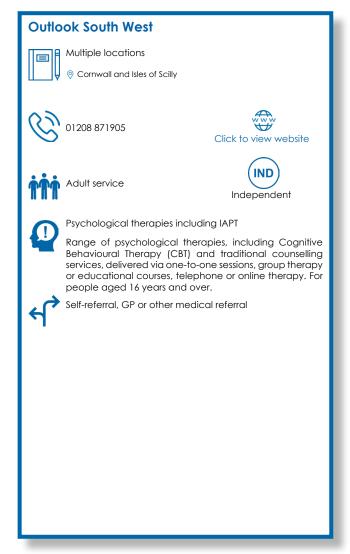
CAMH

Assessment, advice and treatment for children and young people, aged 0-16, with severe and complex mental health problems. CAMHS also provide support and advice to their families or carers.



GP or other medical referral, Self-referral, Friends and family, Any other professional





# Devon, Plymouth and Torbay

### Child and Adolescent Mental Health Services (CAMHS)



Integrated Children's Services Single Point of Access Team

Virgin Care Limited
1a Capital Court

Bittern Road Sowton Industrial Estate

Exeter EX2 7FW

Devon County Council



0330 0245321





Children and Young People Service



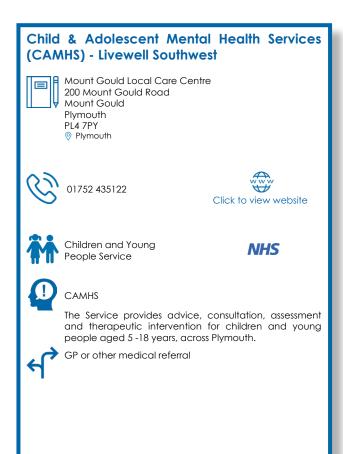


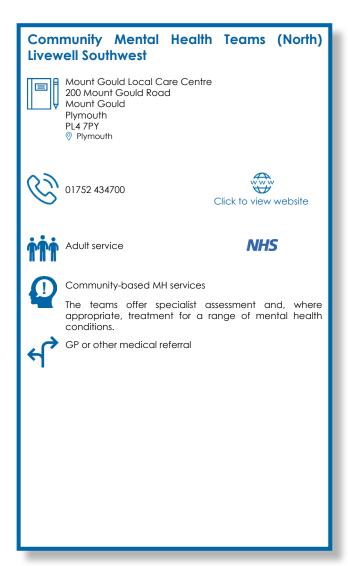
CAMHS

Assessment of children and young people (aged 0-17) experiencing severe, complex and enduring problems with their emotional or psychological wellbeing or mental health such as PTSD, depression and prolonged adjustment reactions. If need is identified that the service can address, therapies offered include individual, group or family therapy; CBT, psychotherapy, art and play therapy.



School





# Devon, Plymouth and Torbay

#### Livewell Southwest - Asylum Seekers and Refugees Mental Health Team



Asylum Seekers and Refugees Mental Health Team Mount Gould Hospital Site

Mount Gould Road Mount Gould Plymouth PL4 7QD © Plymouth



01752 434753





All age servic

NHS

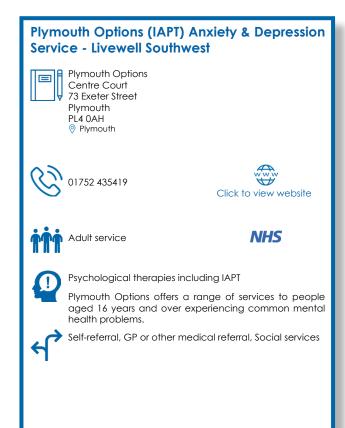


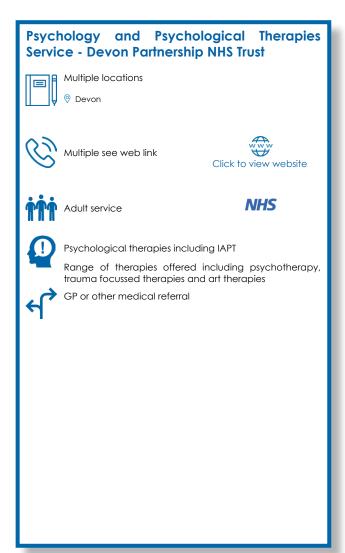
Advocacy or improving access to MH services

The Asylum Seekers and Refugees Mental Health team aims to improve access to services and provide consistent guidance for those suffering with anxiety, depression or PTSD. In addition to an initial assessment, the team provides interventions to improve mental well being and prevent deterioration, and assists clients in accessing other mental health specialists such as psychiatrists and psychotherapists. 95% of the work carried out by the team is performed by interpreters, either via telephone or face to face, depending on the clients' choice.



GP or other medical referral, Voluntary or community organisation





# Devon, Plymouth and Torbay

#### **Refugee Support Devon**



Exeter Community Centre 17 St Davids Hill Exeter EX4 3RG O Devon County Council



01392 682185







Voluntary and Community



Drop-in/day services, Wellbeing activity or support groups

Provide a range of services including an information and enquiry service; practical support to individuals; personal support through one-to-one outreach and engagement work with volunteers; a women's Outreach Project; and an allotment., for people aged over 18 and families only.



Self-referral, GP or other medical referral, Friends and family, Voluntary or community organisation

Refugee/Migrant Specialist



Behavioural Therapy (CBT), working in various community

buildings, hospitals, GP surgeries and libraries across

Self referral; GP or other medical referral

Devon and Torbay.



Adult service





Wellbeing activity or support groups

Alongside providing more practical housing and employment support, RIS provides and links with social and wellbeing activities such as allotment project, sewing group, cookery classes, sporting and young people's activities, training, arts projects, a women's group, free internet access, a parenting course, and links with cultural organisations. A drop-in for practical appointments is held Tuesday at the Harwell Centre 10.00am - 12.30pm.



Self-referral, other professional referral

Devon, Plymouth and Torbay



### Dorset and Somerset

### CAMHS - Dorset Healthcare University NHS Foundation Trust



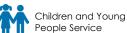
Multiple locations





Multiple see web link





NHS



CAMH

Offers assessment and treatment to children and young people aged up the age of 18 (and their families/carers) who are suffering significant mental difficulties, including complex and/or significant post-traumatic disorders



GP or other medical referral, Education, Social services

# Intensive Psychological Therapies - Dorset Healthcare University NHS Foundation Trust Branksome Clinic 51a Layton Road Poole Dorset BH12 2BJ © Dorset O1202 584120 Click to view website







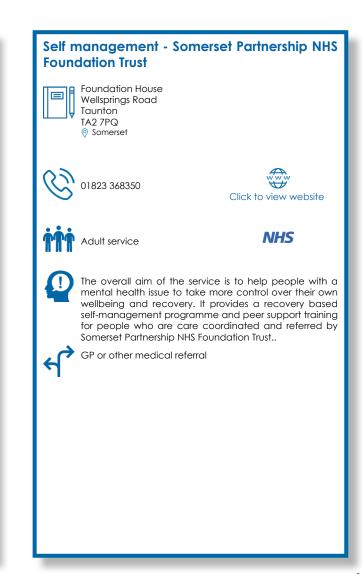
Psychological therapies including IAPT, Wellbeing activity or support groups

NHS

Specialist therapy support for people with enduring emotional and psychological mental health problems, such as personality disorders and post-traumatic stress disorder (PTSD).



GP or other medical referral



### Dorset and Somerset



GP or other medical referral





# Gloucestershire, Wiltshire, Bristol and Bath

### **Art Refugee UK**



Number 30 The Coach House 2 Upper York Street Bristol BS2 8QN © Bristol City Council



07939 764152

Self-referral





Children and Young People Service



Voluntary and Community

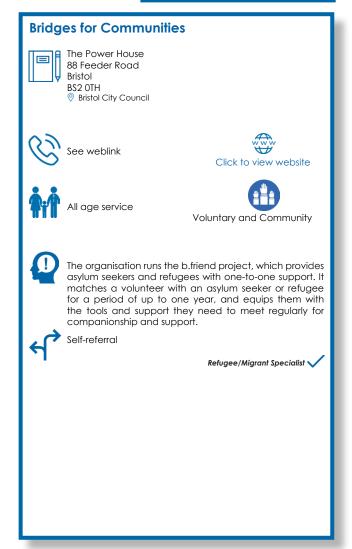


Wellbeing activity or support groups

Art therapy group for young refugees in Bristol







# Gloucestershire, Wiltshire, Bristol and Bath

### CAMHS Outreach service – Swindon, Wiltshire, Bath & NE Somerset - Oxford Health NHS Foundation Trust



Warneford Hospital Warneford Lane Headington Oxford OX3 7 JX © Swindon, Wiltshire, Bath & NE Somerset





01865 901000





Children and Young People Service





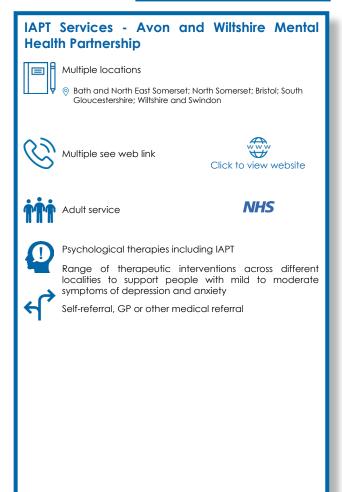
**CAMHS** 

The team has three main roles: to provide Dialectical Behavioural Therapy (DBT); to see young people (aged 11-18 years) who may need a more flexible approach to treatment; and to support young people during and after an emergency assessment. It aims to support and engage children, young people and their families, with complex needs by means of individualised home and community treatment.



GP or other medical referral, Self-referral





# Gloucestershire, Wiltshire, Bristol and Bath

#### Kandu Arts



19A & 19B The Bridge Chippenham SN15 1HA © Wiltshire Council



01249 444009





All age service



Voluntary and Community



Wellbeing activity or support groups

Kandu Arts provides a variety of support and wellbeing services including mentoring and family support; football club Kandu Kicks; after-school groups (currently providing a group for girls); residential trips; film making, song writing and music projects. They also provide alternative education provision for young people not able to attend mainstream school at all times. They seek to work with the whole community.



Self-referral, Education, Social Services, Any other professional





## Gloucestershire, Wiltshire, Bristol and Bath

### **The Harbour Project**



St Luke's Hall **Broad Street** Swindon SN1 2DS

Swindon Borough Council



01793 611682 (option 1)



Click to view website



All age service



Voluntary and Community

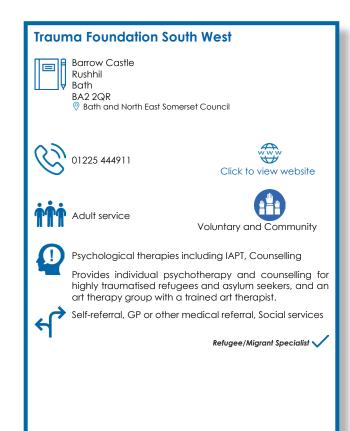


Drop-in/day services, Wellbeing activity or support groups

Provide a range of wellbeing activities including art and cookery classes; a football team; films nights on Saturdays in winter; trips and events; and relaxation sessions. Provide daily advice drop-in sessions.



Self-referral





# Birmingham, Solihull, Coventry and Warwickshire

### **Afro-British Support Services**



17, Stoney Lane Birmingham B12 9DL Birmingham City Council



0121 6794564





All age service





Advocacy or improving access to mental health services, Drop-in/day services

Afro-British Support Services provide a wide range of support and advice to refugees and asylum seekers, including to access NHS services in order to overcome post-traumatic stress disorder. Staffed by employees and volunteers from diverse range of backgrounds offering different languages.



GP or other medical referral, Self-referral, Voluntary or community organisation, Any other professional





## Birmingham, Solihull, Coventry and Warwickshire





2nd Floor Eaton House 1 Eaton Road Coventry CV1 2FJ © Coventry City Council



024 76230060





All age service





Wellbeing activity or support groups, Befriending, Advocacy or improving access to mental health services

MyPlace'is befriending service for young unaccompanied asylum seekers and refugees, up to the age of 21, in Coventry.



Self-referral, Friends and family, Voluntary or community organisation





# Birmingham, Solihull, Coventry and Warwickshire

### Forward Thinking Birmingham - Birmingham and Solihull Mental Health NHS Foundation Trust



21 Digbeth Birmingham B5 6BJ Birmingham City Council



0300 3000099





Children and Youna People Service





Forward Thinking provides a range of services including a drop-in centre (Pause) and talking therapies for young people in (aged 0-25) struggling with stress, anxiety, low mood or depression. Culturally specific and creative therapies are available.



Self-referral, GP or other medical referral

### **Freedom from Torture** Unit 005, 1st Floor Caroline Point 62 Caroline Street

Birmingham B3 1UF Birmingham City Council







All age service



Voluntary and Community



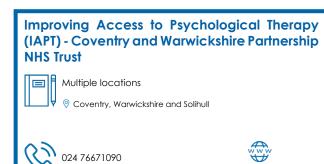
Counselling, Wellbeing activity or support groups

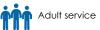
Freedom from Torture provide counselling, therapeutic and creative group work and ongoing support as well as wellbeing groups for children, young people and adults (including families) who have been victims of political torture and organised violence. Wellbeing activities include gardening, music, creative writing and cookery.



GP or other medical referral, Voluntary or community organisation, Self-referral, Friends and family, Any other

Refugee/Migrant Specialist







Click to view website



Psychological therapies including IAPT

Short-term psychological therapies (CBT) offered to people aged 16 years and over suffering from anxiety, depression and stress. IAPT may also work with people who suffer from PTSD or panic disorder.



Self-referral, GP or other medical referral

# Birmingham, Solihull, Coventry and Warwickshire

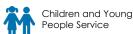
### Restore (Birmingham)



196-198 Edward Road Balsall Heath Birmingham B12 9LX Birmingham City Council









Voluntary and Community



Wellbeing activity or support groups, Befriending

Restore, a project of Birmingham Churches Together, aims to welcome, include and assist integration of refugees and those seeking sanctuary from persecution. Provides befriending, social activities, men's and women's groups.



GP or other medical referral, Self-referral, Friends and family, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

# RISE - Coventry and Warwickshire Partnership NHS Trust 2 Stoney Stanton Road, Coventry CV1 4FS © Coventry and Warwickshire



0300 2002021





Children and Young
People Service





CAMHS

Support, assessment and treatment for children and young people (aged 0-18) in Coventry and Warwickshire experiencing emotional wellbeing difficulties, or mental health problems, disorders and illnesses. Includes Primary Mental Health service who give general advice, guidance, consultation and group training for professionals who work with children and young people who may be displaying emerging mental health/emotional wellbeing signs and symptoms



GP or other medical referral, Education, Social services

# Solar - Birmingham and Solihull Mental Health NHS Foundation Trust Bishop Wilson Clinic Craig Croft Chelmsley Wood B37 7TR Solihull Council



Children and Young People Service



Click to view website



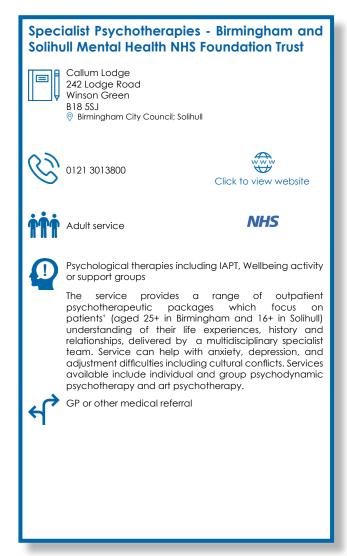
CAMHS

The service provide multi-disciplinary assessment and treatment of children and young people aged 0-19 with mental health, or severe emotional and behavioural, difficulties.



Self-referral, GP or other medical referral

Birmingham, Solihull, Coventry and Warwickshire



# Dudley, Sandwell, Walsall and Wolverhampton

### Dudley Talking Therapies - Dudley and Walsall Mental Health Partnership



Multiple locations

Dudley Borough Council



0800 9530404





Adult service





Psychological therapies including IAPT, Wellbeing activity or support groups

Psychological therapies offered for people aged 16 years and over including wellbeing workshops, computerised Cognitive Behavioural Therapy (cCBT), group or individual therapy, guided self-help and signposting to other support services.



Self-referral, GP or other medical referral





# Dudley, Sandwell, Walsall and Wolverhampton

### **Refugee and Migrant Centre Wolverhampton**



1st Floor Roma Parva 9 Waterloo Road Wolverhampton WV1 4NB © City of Wolverhampton Council











Advocacy or improving access to MH services, Counselling

Offer free impartial advice and guidance on a range of topics, including access to healthcare. Working in partnership with local organisations to develop a comprehensive, onsite mental health offer for clients who find it very difficult to access such support elsewhere.



Self-referral, Friends and family





# Dudley, Sandwell, Walsall and Wolverhampton

### Specialist CAMHS Walsall - Dudley and Walsall Mental Health Partnership Trust

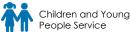


The Elms
Slade Road
Cradley
Halesowen
West Midlands
B63 2UR

© Dudley Borough Council











CAMH

Assessment and treatment of moderate to severe mental health difficulties that children and young people (aged 0-16 years) experience.



GP or other medical referral, Social services

### The Women and Families Resource Centre



Resource Centre
First Floor
3 Chapel Ash
Wolverhampton
WV3 0TZ
© City of Wolverhampton Council



01902 219797





All age service



Voluntary and Community



Befriending, Counselling, Wellbeing activity or support groups

Providing emotional and family support to women in times case of crisis (domestic violence, serious illness, death in the family). The Club A2S youth project works with children and young people aged 5-18 who are showing behavioural, emotional or psychological difficulties, especially if this has started having an impact on their family life, their school experiences and their personal development. The Sisters With Heart befriending project provides the opportunity for isolated African women to improve their physical, mental and emotional health and wellbeing. The main aim of this project is to provide home visits to help these women through difficult times. Volunteer befrienders will be matched with clients to offer regular support, friendship and practical help to families under stress in their own homes, helping to prevent family crisis and breakdown. The aim is to support these women with concerns related to stress, loss, loneliness, divorce, family relationship breakdown, immigration issues, drug and alcohol misuse, domestic violence, depression, health worries, internet safety and parenting support. The Centre also provide counselling, airls self-esteem workshops, a student hub, cookery classes, every woman's chat group, and a mediation



Friends and family, Self-referral, Voluntary or community organisation, Any other professional

Refugee/Migrant Specialist 🗸

### Walsall Talking Therapies - Dudley and Walsall Mental Health Partnership



Multiple locations





0800 9530995





Adult service





Psychological therapies including IAPT, Wellbeing activity or support groups

Provides people aged 17 and over (registered with a Walsall GP) with many kinds of treatments including Cognitive Behavioural Therapy, Eye Movement Desensitisation and Reprocessing, guided self-help, Computerised Cognitive Behavioural Therapy (cCBT) and a series of six, weekly wellbeing courses.



Self-referral, GP or other medical referral

# Dudley, Sandwell, Walsall and Wolverhampton

# Wolverhampton City of Sanctuary Drop-in Centre Westbury Street Wolverhampton WV1 1JD © City of Wolverhampton Council







Il age service

Voluntary and Community



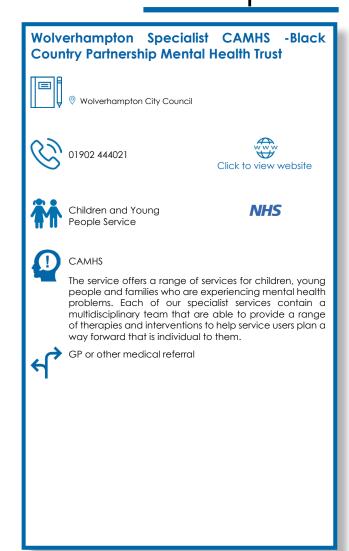
Drop-in/day services

Provide a safe, welcoming place where asylum seekers and refugees can relax by socialising, playing games and informally mixing with people from their own and other cultures.



Self-referral





# Herefordshire and Worcestershire

### CAMHS - Worcestershire Health and Care NHS Trust



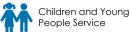
Teams situated in Redditch, Kidderminster and Worcester.





Multiple see web link







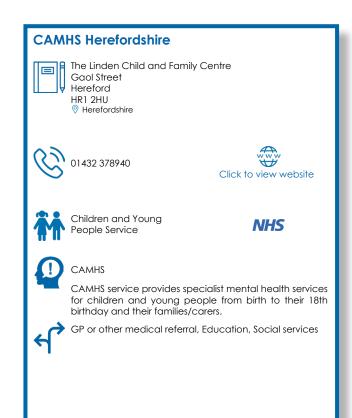


CAMHS

The service specialises in delivering assessment, support, therapeutic intervention and treatment for children and young people (aged 7-18) with both emerging and complex and enduring mental health difficulties.

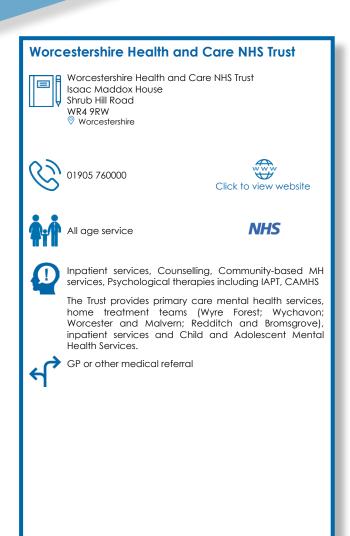


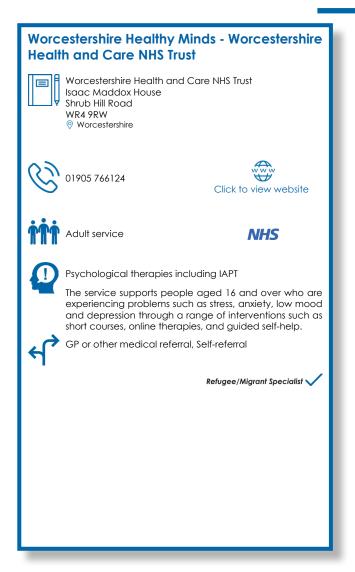
GP or other medical referral





# Herefordshire and Worcestershire





### Shropshire and Staffordshire

### Access Team - North Staffordshire Combined Healthcare NHS Trust



Harplands Hospital
Hilton Road
Harpfields
Stoke-on-Trent

\$14.6TH

\$14.6TH



0300 1230907 (Option 1)





All age service





Advocacy or improving access to MH services

The Access Team is the single point of contact and access for all Trust services, with multiple referral routes. It provides 24/7 cover for all mental health services across Stoke-on-Trent and North Staffordshire, providing signposting, assessment and advice for those people with mental health illness.



GP or other medical referral, Self-referral, Friends and family, Voluntary or community organisation, Any other professional





### Shropshire and Staffordshire

## Adult mental health South Staffordshire - South Staffordshire and Shropshire Healthcare NHS Foundation Trust



Saint Michael's Court Trent Valley Road Lichfield W\$13 6EF South Staffordshire



0300 5555001





All age service





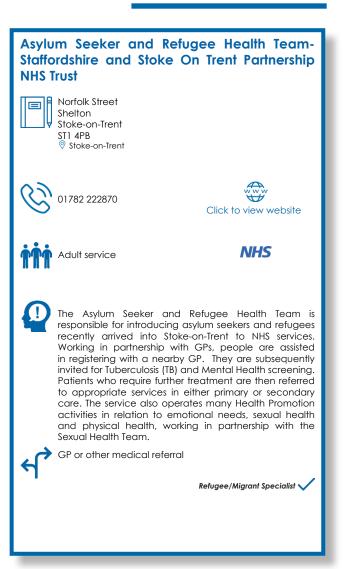
Inpatient services, Community-based MH services

Services are organised into a series of pathways: Non psychosis team, Psychosis team, Intensive life skills team, Memory service and dementia team. The pathway teams are supported as required by the Access Team and Crisis Team (for urgent responses).



Self-referral, Friends and family





### Shropshire and Staffordshire

CAMHS (Child and Adolescent Mental Health Services) Central Referral Hub - North Staffordshire Combined Healthcare NHS Trust



Bennett Centre Richmond Terrace Stoke-on-Trent STI 4ND © Stoke-on-Trent



0300 1230907 (option 4)





Children and Young People Service NHS

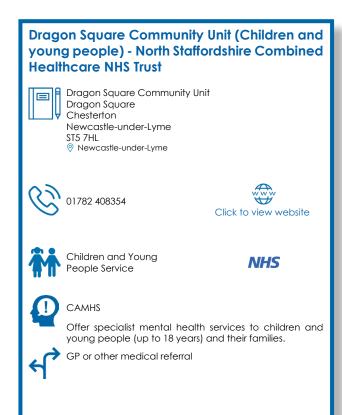


CAMHS

The CAMHS service is made up of multi-disciplinary teams staffed by social workers, mental health nurses, therapists, clinical psychologists, mental health practitioners and child and adolescent psychiatrists. Services available are for children, young people and their families/carers who have concerns about mental health, behaviour or emotional wellbeing.

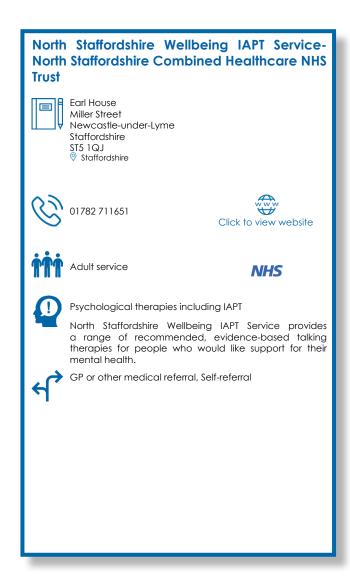


GP or other medical referral





Shropshire and Staffordshire



# YORKSHIRE AND THE HUMBER Calderdale, Kirklees and Wakefield

## Calderdale and Kirklees single point of access - South West Yorkshire Partnership NHS Foundation Trust



Beckside Court
2nd Floor
286 Bradford Road
Batley
WF17 5PW
© Calderdale and Kirklees



01924 316830





Adult service





Advocacy or improving access to mental health services

The Calderdale and Kirklees single point of access team receives all referrals for mental health services in Calderdale and Kirklees. The team directs all the referrals to the most appropriate Trust services or advises the referrer of the best organisation to contact.



GP or other medical referral, Education; Social services, Any other professional





# YORKSHIRE AND THE HUMBER Calderdale, Kirklees and Wakefield

Kirklees Child and adolescent mental health service (CAMHS) - South West Yorkshire Partnership NHS Foundation Trust



Folly Hall Mills
St Thomas Road
Huddersfield
HD1 3LT
© Calderdale and Kirklees



01484 343783





Children and Young People Service

NHS

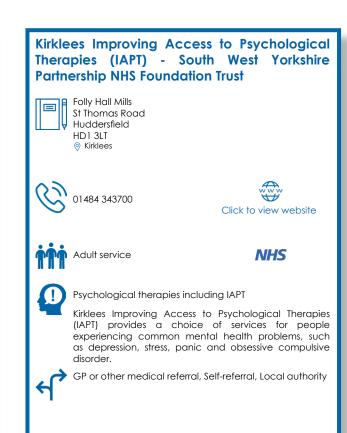


CAMHS

The Service offers assessment and interventions to children and young people in Kirklees aged up to 18 years who present with persistent and significant difficulties.



GP or other medical referral





# YORKSHIRE AND THE HUMBER Calderdale, Kirklees and Wakefield

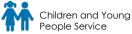
### Wakefield CAMHS South West Yorkshire Partnership NHS Foundation Trust



Wakefield CAMHS – East Team Airedale Health Centre The Square Fryston Road Castleford WF10 3JJ © Wakefield











CAMH

The Wakefield child and adolescent mental health service (CAMHS) provides assessment, interventions and support to children, young people and their families who are suffering from significant mental health or behavioural problems.



GP or other medical referral, Education; Social services, Any other professional





# Calderdale, Kirklees and Wakefield



# Hull, East Riding and North Lincolnshire

### Children and Young People Mental Health services - East Riding - Humber Teaching NHS Foundation Trust



Trust Headquarters
Willerby Hill
Beverley Road
Willerby
HU10 6ED
© East Riding of Yorkshire



01482 303810





Children and Young People Service



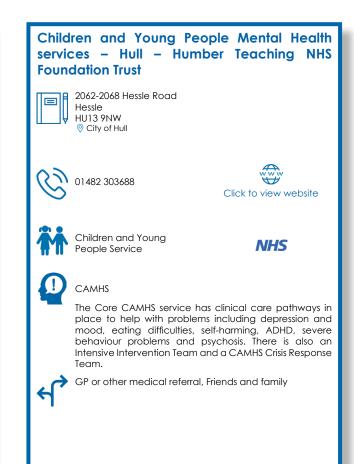


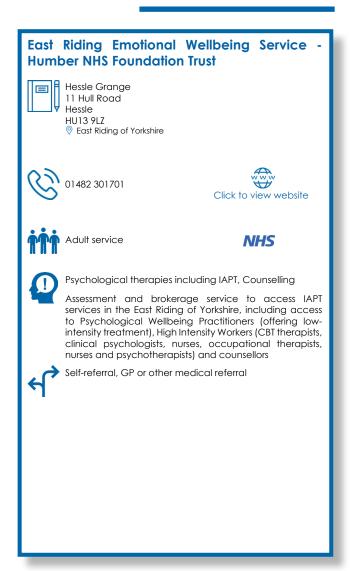
CAMHS

The Core CAMHS service has clinical care pathways in place to help with problems including depression and mood, eating difficulties, self-harming, ADHD, severe behaviour problems and psychosis. There is also an Intensive Intervention Team and a CAMHS Crisis Response Team.



GP or other medical referral, Friends and family





# Hull, East Riding and North Lincolnshire

### Emotional Wellbeing Service Hull - Humber NHS Foundation Trust



Wilberforce Health Centre 6-10 Story Street Hull HU1 3SA © City of Hull



01482 344958





Adult service





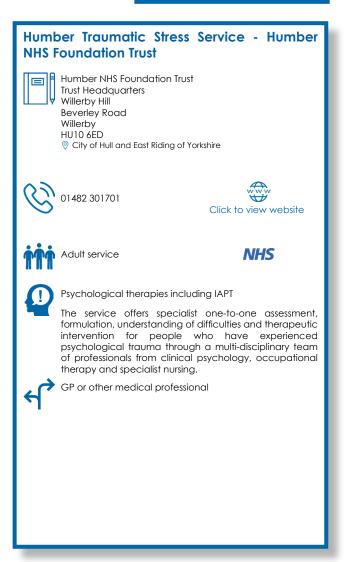
Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling

Service works with anxiety and depression disorders, offering Primary Care Counselling and Cognitive Behavioural Therapy (including to support the treatment of post-traumatic stress disorder)



Self-referral





# Hull, East Riding and North Lincolnshire



### Mental Health Response Service - Humber NHS Foundation Trust



Miranda House Gladstone Street Anlaby Road Hull HU3 2RT





01482 301701





Adult service

**NHS** 



Community-based MH services

The Mental Health Response Service provides triage, advice and support to working age adults. Following triage there may be a need for assessment and treatment, the service also offers these assessments and provides intensive home treatment. The service is for working age adults who are experiencing a severe and debilitating mental health problem. This could be things like: severe or chronic depression; severe anxiety; deliberate self-harm or suicidal thoughts; drug and alcohol misuse or bipolar disorder that is seriously affecting the way you function day to day; the service is also for people who are experiencing psychosis, which is when you perceive or interpret events differently to others which can include hallucinations, delusions or flight of ideas.



GP or other medical referral, Self-referral

### Advonet



26 Roundhay Road Leeds LS7 1 AB © Leeds City Council



0113 2440606





Adult service



Voluntary and Community



Advocacy or improving access to mental health services

Provides advocacy services including a drop-in service, for people whose first language is not English and who wish to access services including mental health services. Languages provided include: Arabic; Cantonese; Farsi; Spanish; Tigrinya; Punjabi; Urdu; Czech and Slovak.



Self-referral, Friends and family, GP or other medical referral, Social services

Refugee/Migrant Specialist 🗸

### Archway



The Old Fire Station Gipton Approach Gipton Leeds LS9 6NL © Leeds City Council



0113 3918000





Children and Young People Service



Voluntary and Community



Counselling, Drop-in/day services, Wellbeing activity or support groups

Provides drop-in services, counselling services, and support groups for young parents and women and children who have experienced domestic violence.



Self-referral, GP or other medical referral, Self-referral, GP or other medical referral

### **Bevan House**



Dale Street
Bradford
BD1 4HT

Ocity of Bradford Metropolitan District Council



01274 905323



Click to view website



All age service



Voluntary and Community



Wellbeing activity or support groups

Practice which supports refugees and asylum seekers as well as other patients. The organisation provides a wide range of additional non-medical services for patients to help improve health, wellbeing and to lead more fulfilled lives



Self-referral, GP or other medical referral, Voluntary or community organisation

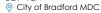




### CAMHS Bradford - Bradford District NHS **Foundation Trust**



Fieldhead Business Centre Bradford BD7 1LN





01274 723241





Children and Youna

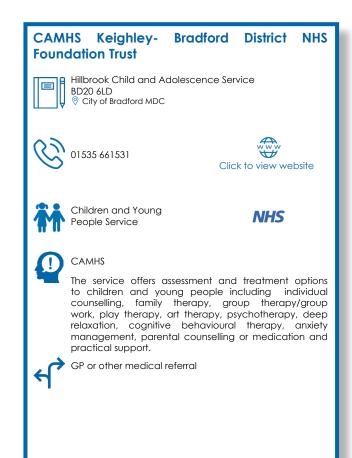




The service offers assessment and treatment options to children and young people including individual counselling, family therapy, group therapy/group work, play therapy, art therapy, psychotherapy, deep relaxation, cognitive behavioural therapy, anxiety management, parental counselling or medication and practical support.



GP or other medical referral





#### **Freedom from Torture**



Roundhay Road Resource Centre 233-237 Roundhay Road Harehills Leeds LS8 4HS Q Leeds City Council









Voluntary and Community



Counselling, Wellbeing activity or support groups

Freedom from Torture provide counselling, therapeutic and creative group work and ongoing support as well as wellbeing groups for children, young people and adults (including families) who have been victims of torture. Wellbeing activities include gardening, music, creative writing and cookerv.



GP or other medical referral, Self-referral, Friends and family, Solicitor, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

### Intensive Community Service - Leeds and York **Partnership NHS Foundation Trust**



Three sites in Leeds



Multiple see web link



Click to view website



Adult service





Community-based MH services

The service provides intensive short-term crisis support for people experiencing severe mental health problems who would otherwise be in hospital, and is staffed by a team of nurses, occupational therapists, health support workers, doctors, pharmacy staff and an administrator.



GP or other medical referral

### Leeds and York Partnership NHS Foundation Trust



Trust Headquarters 2150 Century Way Thorpe Park Leeds West Yorkshire LS15 8ZB Q Leeds, York



0300 3001485





All age service





Inpatient services, Community-based MH services, Psychological therapies including IAPT, Counselling, Wellbeing activity or support groups, Advocacy or improving access to MH services, CAMHS

The Trust is the main provider of mental health services in Leeds, as well as specialist services across York and the Yorkshire and Humberside region. It offers services to people who need support and treatment for a wide range of mental health conditions, from depression, anxiety and obsessive compulsive disorder, to dementia, bipolar disorder, schizophrenia and personality disorders. as well as people living with issues such as addictions, eating disorders, or physical problems with psychological



GP or other medical referral, Self-referral, Friends and

### **Leeds Asylum Seekers Support Network**



4th Floor
Oak House
Park Lane
Leeds
LS3 1E

© Leeds City Council











Befriendina

Leeds Asylum Seekers' Support Network (LASSN) provides a befriending service to support newly arrived refugees and asylum seekers with settling in new area and reducing isolation.



Self-referra

Refugee/Migrant Specialist 🗸

### Positive Action for Refugees and Asylum Seekers (PAFRAS) Leeds



Unit 24
UNITY Business Centre
26 Roundhay Road
Leeds
LS7 1AB
© Leeds City Council



0113 2622163





Adult service



Voluntary and Community



Advocacy or improving access to MH services, Drop-in/day services

PAFRAS's Mental Health Assessment and Referral Service provide a recovery-orientated service to support service users' to access relevant agencies and appropriate services and facilitate their inclusion in social life, through weekly drop-in Sessions (screenings, assessments and referrals to appropriate mental health

and support services), crisis analysis with referral and follow up to appropriate support services, psychoeducation and information about different available services in Leeds, and holistic support of service users, while they wait to access specialized care from the NHS or voluntary sector organisations such as Solace.



Self-referral

Refugee/Migrant Specialist 🗸





Multiple locations across Leeds

O Leed



Multiple see web link





Adult service





Psychological therapies including IAPT, Wellbeing activity or support groups

The Psychology and Psychotherapy Service employs psychotherapists, clinical psychologists, consultant psychiatrists in psychotherapy and highly experienced counsellors. It offers a range of psychological approaches and therapies, including individual therapy, group therapy and family therapy. It also offers cognitive and neuropsychological assessments.



GP or other medical referral

### **Refugee Action Bradford**



40a Piccadilly
Bradford
BD1 3NN
© City of Bradford Metropolitan District Council



01274 924982





All age servic





Wellbeing activity or support groups; Drop-in/day services, Psychological therapies including IAPT

The Children and Families project offers one to one support for refugee and asylum seekers families as they arrive in Bradford. Alongside support and advice services, the project also run regular support groups for families, including a weekly after school club, a reading group at the local library and trips during the school holidays for families. They also work in partnership with Solace, who provide one-to-one and group therapeutic services in the Refugee Action Bradford offices for refugees and asylum-seekers who attend the weekly drop-in.



GP or medical professional, Education, Voluntary or community organisation





### The Marketplace



8-18 New Market Street Leeds LS1 6DG Q Leeds City Council







Children and Youna People Service



Voluntary and Community



Counselling, Drop-in/day services

Provides information support and counselling for young people aged 13-25 (with a maximum age of 23) for counselling. Also offers bereavement counselling for young people aged 11-19; My Plan, an 8 week programme where a young person works on a longerterm goal; and group sessions (anger management workshops, self-harm workshops, exam stress workshops and anxiety workshops).



Self-referral, GP or other medical referral, Friends and

Refugee/Migrant Specialist

### **Touchstone Leeds**



2-4 Middleton Crescent Leeds West Yorkshire LS11 6JU Leeds City Council









Voluntary and Community



Wellbeing activity or support groups, Psychological therapies including IAPT

Touchstone Leeds provides mental health and wellbeing services to vulnerable people including refugees and asylum seekers aged 17 years and over. The Community Development Service runs information and awareness sessions on mental health and wellbeing, medicines and alternatives; assistance with interpreters, and provides practical support. Dosti offers culturally appropriate activities for improving women's mental health, focusing on recovery. Staff speak various Asian languages and have expertise in mental health. They also provide an IAPT talking therapies service.



Refugee/Migrant Specialist 🗸

#### Dial House @ Touchstone



Support Centre 53-55 Harehills Avenue Leeds LS8 4EX Q Leeds



0113 249 4675







Voluntary and Community



Community-based mental health services

An out-of-hours crisis service for people from BME groups including refugees and asylum seekers in acute mental health crisis and is staffed by a Manager, Senior Crisis Support Worker and three Crisis Support Workers who are all from BME groups. It is open every Tuesday and Thursday evenings from 6pm to 11pm. The service is held in a place of sanctuary and provides emotional support and information.



# YORKSHIRE AND THE HUMBER North Yorkshire

### Women's Counselling & Therapy Service (WCTS) (Leeds)



Oxford Chambers Oxford Place Leeds LS1 3AX © Leeds City Council



0113 2455725





Adult service





Counselling

Women's Counselling and Therapy Service (WCTS) offers a free or low cost accessible counselling and psychotherapy service for Leeds women on low incomes. Venues are in the city centre and in communities around Leeds.



Self-referral, GP or other medical referral





# YORKSHIRE AND THE HUMBER North Yorkshire



## YORKSHIRE AND THE HUMBER South Yorkshire

### Talking Therapies in North Yorkshire - Tees, Esk and Wear Valleys NHS Foundation Trust



North Yorkshire







Adult service





Psychological therapies including IAPT

The service provides access to psychological therapies for people experiencing a common mental health problem such as depression, generalised anxiety, specific phobias, panic, obsessive compulsive disorder or post-traumatic stress disorder, and who are not already accessing adult mental health services.



Self-referral, GP or other medical referral

### Barnsley CAMHS South West Yorkshire **Partnership NHS Foundation Trust** Child and Adolescent Unit Upper New Street Barnsley S70 1LP Barnsley



01226 644829



NHS



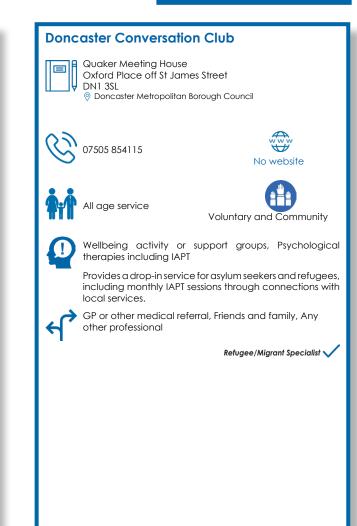
Children and Young People Service



The Barnsley child and adolescent mental health service (CAMHS) provides a comprehensive and quality service to children and young people in the Barnsley area up to age 18. It provides services to children and young people who are experiencing a wide range of behavioural, psychological and emotional problems, difficult relationships, trauma or abuse.



GP or other medical referral, Local authority



# YORKSHIRE AND THE HUMBER South Yorkshire

### Emotional Wellbeing Service - Sheffield Health and Social Care NHS Foundation Trust





0114 2263636





Adult service





Wellbeing activity or support groups

The citywide Emotional Wellbeing Service delivers routine assessment and short term interventions, providing a 'bridge' between primary and secondary care mental health services, but is mainly for people who require routine assessment and/or short term interventions.



GP or other medical referral; self-referral



Psychological therapies including IAPT

moderate depression and anxiety or stress.

GP or other medical referral, Self-referral

The Improving Access to Psychological Therapies

(IAPT) Service provides access to evidence-based

psychological therapies for people suffering mild to



### YORKSHIRE AND THE HUMBER South Yorkshire

### Psychological Services - Sheffield Health and **Social Care NHS Foundation Trust**



Psychological Services Sheffield Health & Social Care NHS Foundation Trust Fulwood House Old Fulwood Road Sheffield

S10 3TH

Sheffield







Adult service





Psychological therapies including IAPT

Psychological Services work with adults of all ages with many different kinds of health issues and across a broad spectrum, including people who have the most complex needs. Staff encompasses a variety of psychological therapists, including clinical and organisational psychologists, psychotherapists and counsellors. Staff work in a range of settings: hospital, out-patient departments, acute in-patient wards, residential homes, day centres, GP surgeries, health centres, patients' homes, and specialised community services.



GP or other medical referral

### Rotherham Doncaster and South Humber NHS **Foundation Trust**



Woodfield House Tickhill Road Site Balby

**Doncaster** DN4 8QN

Rotherham, Doncaster and South Humber



01302 796000





All age service





Inpatient services, Community-based MH services, Advocacy or improving access to MH services, Counselling, Psychological therapies including IAPT

The Trust provides: Adult and Older People's Inpatient and Community Mental Health Services, including elements of rehabilitation, crisis and home treatment, assertive outreach, early intervention in psychosis and day services. The Trust also provides psychological therapies and primary care mental health services. Children and Young People's Mental Health Services - a range of psychotherapeutic approaches and interventions for children and adolescents with mental health problems



Self-referral

Single Point of Access (SPA) for Adult Community Mental Health Services - Sheffield Health and Social Care NHS Foundation Trust



Netherthorpe House 101 Netherthorpe Road Sheffield

S3 7EZ Sheffield



0114 2263636









Advocacy or improving access to mental health services

The Single Point of Access (SPA) dovetails with the Out of Hours Service, creating a single point of referral 24 hours a day, 7 days a week to people who are between 18 and 65 years of age, who are registered with a GP practice in the city of Sheffield. it supports people who require assessment and/or treatment for mental health needs which cannot be met by primary care or the IAPT Service.



GP or other medical referral, Friends and family, Self-referral, Social services, Any other professional

### **Priory Group**



Multiple locations



0808 2561986





Children and Young People Service



Independent



Provides a range of specialist CAMHS inpatient services for the NHS (Tier 4, high dependency and low secure units) available via GP referral, therapies provided at Priory Wellbeing Centres and a range of tailored outpatient therapy packages for young people. Family therapy sessions are offered. Pay to access: CAMHS paid for by NHS, other fees can be covered by health insurance.



GP or other medical referral

### Bosnia Herzegovina UK Network



Bosnia House 36 Medley Rd Birmingham B11 2NE

Birmingham City Council



0121 7723052



Click to view website



All age service



Voluntary and Community



Psychological therapies including IAPT, Communitybased mental health services, Advocacy or improving access to mental health services, Wellbeing activity or support groups

The Network provides practical and psychological support to people from Former Yugoslavia of any background, including the Roma Gypsy community. Services provided include a mental health outreach support service especially for elderly members of society, mental health awareness raising, drop in for community care issues and health issues and social/sport activities.



Refugee/Migrant Specialist 🗸

### **British Red Cross**



Multiple locations

National



Multiple see web link





All age service



Voluntary and Community



Wellbeing activity or support groups, Advocacy or improving access to mental health services, Drop-in/day

Short-term orientation support provided to newly arrived refugees including supporting them to access health services and helping them with other practical matters which can affect their mental wellbeing. Services provided to refugee women include one-to-one social and emotional support. Support provided to young refugees aged 15-25, including supporting access to healthcare and accompanying on appointments for those aged over 18, and group activities (leisure and learning) designed to improve wellbeing.



Self-referral

#### **FORWARD**



Suite 2.1 Chandelier Building London NW10 6RB

P London Borough of Hammersmith & Fulham



020 89604000



Click to view website



All age service



Voluntary and Community



Advocacy or improving access to mental health services, Counselling

Forward supports girls and young women who have undergone or are at risk of FGM (from any part of the UK) through one-to-one emotional support, and group support either at their office or through outreach work. They also help girls and young women to access FGM specialist clinics and run counselling sessions once a week.



Self-referral, GP or other medical referral, Voluntary or community organisation, Any other professional

Refugee/Migrant Specialist 🗸

### **Freedom from Torture**



111 Isledon road London N7 7JW © London Borough of Islington



020 76977777





All age service



Voluntary and Community



Counselling, Wellbeing activity or support groups

Freedom from Torture provide counselling, therapeutic and creative group work and ongoing support as well as wellbeing groups for children, young people and adults (including families) who have been victims of political torture and organised violence. Wellbeing activities include gardening, music, creative writing and cookery. Offices available in different parts of the country. Referrals for treatment from Wales, the South West, East Midlands, East of England and Yorkshire & Humberside should go to the London office.



Friends and family, GP or other medical referral, Self-referral, Solicitor, Voluntary or community organisation

Refugee/Migrant Specialist 🗸

### **Helen Bamber Foundation**



Bruges Place 15-20 Baynes Street London NW1 0TF

Open State of London Borough of Camden



020 30582020



Click to view website



Adult carvica



Voluntary and Community



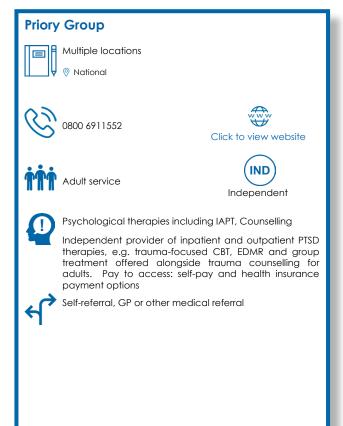
Counselling, Wellbeing activity or support groups, Psychological therapies including IAPT

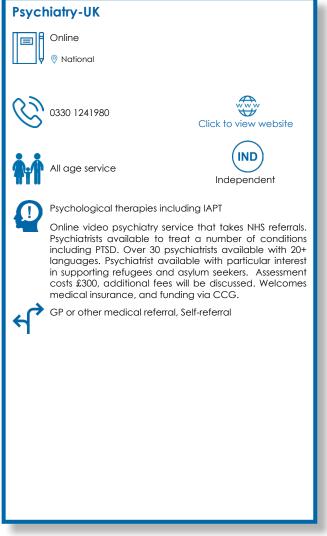
The foundation offers psychological care and physical rehabilitation as well as creative arts sessions to people who have been a victim of torture or human trafficking. They also have an advisory GP clinic and run family therapy sessions.



Self-referral, Solicitor, GP or other medical referral







### **Refugee Council**



Multiple locations

Nationa



Multiple see web link





All age service



Voluntary and Community



Psychological therapies including IAPT, Wellbeing activity or support groups, Counselling, Advocacy or improving access to MH services

Therapeutic care approach offered in select locations, based on narrative therapy, mindfulness and Maslow's hierarchy of needs. Gender-specific (including womenonly, men-only, mother and toddler) individual and group sessions provided, specialist therapy sessions for young people (My View), befriending and a range of wellbeing activities and practical support provided to support the wellbeing of refugees. Telephone therapeutic counselling also offered to refugees dispersed during course of therapy treatment.



GP or other medical referral, Voluntary or community organisation, Local authority, Self-referral

Refugee/Migrant Specialist 🗸

### Traumatic Stress Service - South London and Maudsley NHS Foundation Trust



Clinical Treatment Centre Maudsley Hospital Denmark Hill London SE5 8AZ Notional



020 32282969



Click to view website



Adult service





Psychological therapies including IAPT

The Traumatic Stress Service provides assessment and treatment for people, aged 18-65, throughout the United Kingdom. It aims to reduce the level of distress experienced by people who suffer psychological difficulties following a traumatic experience. The service also offers treatment to asylum seekers and refugees affected by war, torture and rape. Patients who do not speak English are given help with language difficulties.



GP or other medical referral

