**Resource pack for Starting the conversation: the circle of support after a suicide attempt**

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| **Service** | **Website** | **Email** | **Phone #** | **Borough/Area** | **Description** |
| Body & Soul | <http://bodyandsoulcharity.org/about/> | enquiries@bodyandsoulcharity.org | 020 7923 6880 | Pan London | Body & Soul is an innovative charity that uses a comprehensive, community-based and trauma informed approach to address the life-threatening effects of childhood adversity in people of all ages. |
| Speek | <https://www.joinspeek.com/> | general@joinspeek.com |  | Pan London | Speek is a digital intervention providing parents of young people who self-injure with the community, knowledge and skills to support their young people into recovery. Their intervention includes psychoeducational modules and group therapy sessions. |
| NHS Shout | <https://giveusashout.org/> |  | Text ‘LISTEN’ to 85258 | All boroughs | Confidential 24/7 text service offering support if you're in crisis and need immediate help. |
| Safe Space  Hammersmith & Fulham  Ealing  Hounslow | https://www.hfehmind.org.uk/get-support/hammersmith-fulham-safe-space/  https://www.hfehmind.org.uk/get-support/ealing-safe-space/  https://www.hfehmind.org.uk/get-support/hounslow-safe-space/ |  | 0207 471 0582  0207 471 0583  0207 471 0584 | Hammersmith & Fulham, Ealing and Hounslow | A local hub run by Mind for anyone who feels they are nearing crisis point, including carers.​  You will be greeted by our friendly staff who will always be there to listen to you and help you get the support you need.​ We offer face to face, telephone and video-conference support. Open every day; call for opening times. |
| Campaign Against Living Miserably (CALM) | <https://thecalmzone.net/> |  | 0800 58 58 58 | All boroughs | Provides listening services, information and support for anyone who needs to talk, including a web chat. |
| The Samaritans | <https://www.samaritans.org/> | [jo@samaritans.org](mailto:jo@samaritans.org) | 116123 | All boroughs | 24/7 helpline providing compassion and support. |
| The Listening Place | https://listeningplace.org.uk/ |  | 020 3906 7676 | Pan London | Provides face to face support for those aged 18 years and over who feel life is no longer worth living. They are open every day from 9am-9pm. |
| R;pple | https://www.ripplesuicideprevention.com/information/about |  |  | All boroughs | R;pple is dedicated to intercepting harmful content related to self-harm and suicide through innovative technology. You can download the app or the browser extension to intercept searches from anyone on your network. |
| James' Place | <https://jamesplace.org.uk/> | [london@jamesplace.org.uk](mailto:london@jamesplace.org.uk) | 020 3488 8404 | All boroughs | Free, non-residential therapy and support for men aged 18 and over in suicidal crisis. Support is delivered face to face at one of two centres in Liverpool and London. |
| Papyrus | [Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)](https://www.papyrus-uk.org/) | [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | [080 0068 4141](tel:08000684141) | All boroughs | Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am–midnight. |
| Circle in Ealing |  | https://www.hfehmind.org.uk/get-support/service-for-schools/support-for-children-young-people/circle/ | 020 34750 060 | Ealing and Hounslow | A safe space for children and young people aged 5-18 years who are in or nearing crisis. Rather than attending A&E, they can receive clinical support in a calm environment. Open every day; call for opening times. |
| Stay Alive App | [Grassroots Suicide Prevention | Educating, Connecting, Campaigning (prevent-suicide.org.uk)](https://prevent-suicide.org.uk/) |  |  | All boroughs | App with help and resources for people who feel suicidal or are supporting someone else. |
| Maytree Suicide Respite Centre | [Maytree | We’re open to suicidal feelings](https://www.maytree.org.uk/) |  | 020 7263 7070 | All boroughs | Offers free respite stays for people in suicidal crisis. |
| Mind | [Mind helplines - Mind](https://www.mind.org.uk/information-support/helplines/) | [info@mind.org.uk](mailto:info@mind.org.uk) | 0300 123 3393 | All boroughs | Mental Health Charity with advice services, support services and information resources. |
| Sane | sane.org.uk | [info@sane.org.uk](mailto:info@sane.org.uk) | 0300 304 7000 | All boroughs | Offers emotional support and information for anyone affected by mental health problems, including a helpline. |
| Carers UK | <https://carersuk.org/> | advice@carersuk.org | 0808 808 7777 | All boroughs | Advice and support for anyone who provides care. |
| Students Against Depression | <https://studentsagainstdepression.org/> |  | 01635 869754 | All boroughs | Information and support for students experiencing suicidal feelings, including a helpful safety plan template. |
| The New Normal | [Home | The New Normal (thenewnormalcharity.com)](https://www.thenewnormalcharity.com/) | [info@thenewnormalcharity.com](mailto:info@thenewnormalcharity.com) |  | All boroughs | Changing the way we discuss our grief, mental health and well-being in open and honest spaces through peer-to-peer support. |
| SheWise | [Support For Women | SHEWISE | United Kingdom](https://www.shewise.org/) | [info@shewise.org](mailto:info@shewise.org) | 07944 817799 | Hounslow | Shewise is a charity that supports the educational, economic, and social development of ethnic minority women. |
| Switchboard | <https://switchboard.lgbt/> | hello@switchboard.lgbt | 0800 0119 100 | All boroughs | Listening services, information and support for lesbian, gay, bisexual and transgender people. |
| Carers Network | [Carers Network - No one should care alone (carers-network.org.uk)](https://www.carers-network.org.uk/) | [info@carers-network.org.uk](mailto:info@carers-network.org.uk) | 020 8960 3033 | Westminster, Kensington and Chelsea and Hammersmith and Fulham. | Carers Network is an independent local charity. Our vision is that every unpaid carer is recognised and leads a healthy, fulfilling life with control over their caring role. |
| Hestia | [Hestia Life Beyond Crisis](https://www.hestia.org/) | [Info@hestia.org](mailto:Info@hestia.org) | 020 8568 7881 | All boroughs | We provide high quality support for adults and children in crisis across London. |
| Hounslow Parent Carers Forum | <https://www.hounslowpcf.co.uk/> | [hounslowpcf@gmail.com](mailto:hounslowpcf@gmail.com) | 0208 570 4671 | Hounslow | Hounslow Parent Carers Forum is a group of Hounslow-based parents/carers of children/young people (aged 0 to 25 years) with disabilities or special educational needs. |
| Dual Diagnosis Carers Support Group | [Dual Diagnosis Carers Support Group - Hammersmith, Fulham, Ealing and Hounslow Mind (hfehmind.org.uk)](https://www.hfehmind.org.uk/get-support/dual-diagnosis-carers-support-group/) | [DDCarers@cgl.org.uk](mailto:DDCarers@cgl.org.uk) | 07909 595740 | Ealing | Ealing RISE and HFEH Mind are hosting a monthly specialist carers group, offering all dual diagnosis carers an opportunity to talk with others going through similar situations, to give and receive support. The carers group can be accessed in-person or via Teams on the last Tuesday of each month from 5:30-6:30pm (if joining in-person you can arrive from 5pm).  Address: The Dominion Centre RISE Hub, Southall Library Entrance, Dominion Road UB2 4BQ |
| BEfriend | <https://befriend.london/> | [hello@befriend.london](mailto:hello@befriend.london) | 020 3093 1130 | Ealing and Hounslow | We support people who are experiencing loneliness and social isolation across the boroughs of Ealing and Hounslow though the following projects: Face-to-face befriending, Telephone befriending, Linked Minds and Carers short breaks. |
| West London Action for Children | <https://www.wlac.org.uk/> | [Team@wlac.org.uk](mailto:Team@wlac.org.uk) | 02073521155 | Hammersmith & Fulham and Kensington & Chelsea | West London Action for Children provide free counselling and therapy for vulnerable families on low incomes. |
| Alzheimer's Society Day Centre | <https://www.alzheimers.org.uk/support-services/Hammersmith+&+Fulham+Local+Service+Office/Hammersmith+and+Fulham+Dementia+Support> | [hammersmith-fulham@alzheimers.org.uk](mailto:hammersmith-fulham@alzheimers.org.uk) | 020 8563 0001 | Hammersmith & Fulham | Fortnightly peer support group for people living with dementia in the community and a Saturday dementia café. |
| The Asian Health Agency | <http://www.taha.org.uk/> | [ashra@taha.org.uk](mailto:ashra@taha.org.uk) | 020 8571 7928 | Ealing | Delivering high quality holistic health & social care services, community empowerment & strategic alliances with voluntary private & public sectors to address discrimination & inequalities. Please contact the Registered Manager, Debbie Bassett, for further information. |
| Disability Network Hounslow | <https://e-voice.org.uk/disability-network-hounslow/> | [ashi@disabilitynetworkhounslow.org](mailto:ashi@disabilitynetworkhounslow.org) | 020 8577 0956 | Hounslow | Its services are for anyone who has a disability of any kind and for all ages. It also responds to the needs of carers.  Services include advice and information, a telephone befriending service, and regular Zoom video meetings for members. |
| Dual Diagnosis Hub | <https://www.dualdiagnosis.org.uk/> | [hello@dualdiagnosis.org.uk](mailto:hello@dualdiagnosis.org.uk) | 07545990335 | All boroughs | Develop & signpost resources, support groups, information, and recovery tools aimed at those who:   1. Have a dual diagnosis (co-occurring mental health &/or addiction issues), 2. Their carers, family members, & friends 3. And Professionals who work with people with complex mental health & addiction issues. |
| Hounslow West Mencap | <https://www.facebook.com/harlehouse.co.uk/> | [harlehouse@hotmail.co.uk](mailto:harlehouse@hotmail.co.uk) | 020 8890 1617 | Hounslow | Offers person-centred support, advice, and opportunities for people with learning disabilities and other disabilities, their families and carers. |
| HF Mencap | <https://hfmencap.org/> | [info@hfmencap.org](mailto:info@hfmencap.org) | 020 8748 5168 | Hammersmith and Fulham | Offers one-to-one independent support to parents/carers of disabled children aged 0 – 25 from a Parent/Carer Advocate. Also provide support to adults with learning disabilities, autism and/or complex needs. |
| Recovery College | <https://www.westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college> | [bookings.recoverycollege@westlondon.nhs.uk](mailto:bookings.recoverycollege@westlondon.nhs.uk) | 020 8483 1456 | West London | Training and resource centre which develops and delivers education and tools to support wellbeing and the self-management of mental health difficulties. It works with you either to support you in your recovery or to help you support someone for whom you care. |
| London Autism Group Charity | <https://www.londonautismgroupcharity.org/> | [contact@londonautismgroupcharity.org](mailto:contact@londonautismgroupcharity.org) |  | Ealing | Monthly drop-in community cafe scheme for the autistic and wider autism community. The scheme is aimed at anyone with an interest or connection with autism and neurodiversity, including Autistics (of any age), parents, carers and allies. First Saturday of every month, 1.30pm-3.30pm |
| Parentsactive CIC | <https://www.parentsactive.org.uk/> | [info@parentsactive.org.uk](mailto:info@parentsactive.org.uk) | 02087485168 (option 4) | Hammersmith and Fulham | Runs a range of information and advice group sessions, coffee mornings and opportunities to feedback and / or coproduce with education, health and the local authority to improve local services in H&F. Regular sessions are at the Stephen Wiltshire Centre (SW6) and the Masbro Centre (W14) in term time. Our sessions are on alternate Tuesdays (Masbro Centre) and Thursdays (Stephen Wiltshire Centre) in term time. |
| Carers Network | <https://carers-network.org.uk/information/kensington-chelsea-services/> | [info@carers-network.org.uk](mailto:info@carers-network.org.uk) | 0208 969 3033 | Kensington and Chelsea | Dedicated borough service offers comprehensive support to unpaid carers. |
| Age UK | <https://www.ageuk.org.uk/> | Details vary according to borough. | Details vary according to borough. | All boroughs | Offers a wide range of support and advice for elderly care |
| Family and Friends | <https://www.familyfriends.uk.com/> | [info@familyfriends.uk.com](mailto:info@familyfriends.uk.com) | 0208 960 9099 | Kensington and Chelsea | Offers children’s mentoring programme and parent befriending service. |
| Back on Track | <https://www.backontrack.nhs.uk/> | [wlm-tr.backontrack@nhs.net](mailto:wlm-tr.backontrack@nhs.net) | 0300 123 1156 | Hammersmith and Fulham | Offers a wide range of support & advice for elderly care |
| Westminster Carers Group |  |  | To join the meeting please follow this link.  Join Zoom Meeting <https://zoom.us/j/97878760712?pwd=VXZxbkdJeVdCclFCR0tDYnhEV1JEUT09>  Meeting ID: 978 7876 0712 Passcode: qh6JzF | Westminster | The group runs on the first Tuesday of every month from 4pm to 5pm on Zoom for carers of CNWL service users in Westminster.  The group provides an opportunity to link up with experienced carers from the local area, find out about trust initiatives and give feedback of your experience of being supported by the CNWL. |
| Young Minds | <https://www.youngminds.org.uk/young-person/coping-with-life/young-carers> |  |  |  | Information page about caring when young. Signposting to Youth Access and the Mix. |
| Change Grow Live | <https://www.changegrowlive.org/advice-info/family-friends> |  |  | All boroughs | Information and support for those who are caring for those struggling with drugs and alcohol. |
| Brent Carers Centre | <https://brentcarerscentre.org.uk/> | [email@brentcarerscentre.org.uk](mailto:email@brentcarerscentre.org.uk) | 0203 802 7070 | Brent | Offers comprehensive support, advice, activities and events for all carers of people with mental health conditions. |
| Hub of Hope | https://hubofhope.co.uk/ |  |  |  | Mental health support database. It is provided by Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place. |