

Methods to self-refer for mental health services in Hounslow

In the Hounslow area, roughly **17%** of the population has a common mental health problem

59.4% of referrals to IAPT result in a reliable **IMPROVEMENT** in patient's condition



Hounslow IAPT

The usual pathway for a patient presenting with a common mental health issue is a referral to IAPT. IAPT is able to offer eight free counselling sessions to referred patients.

How & Who to contact for help?

While there are many mental health services available for the Hounslow community, here are some ways to reach out!

1

Hounslow Improving Access to Psychological Therapies (IAPT)

-- free talking therapy (cognitive behavioral therapy CBT, interpersonal therapy IPT) service with regards to mental health concerns

Self-referral to Hounslow IAPT: call 0300 123 0739 or fill in a self-referral form at <https://gateway.mayden.co.uk/referral-v2/069f5152-b5d9-46f1-8920-5a460e690753>

2

Anchor Counselling Service: open access for people in need of mental health support

Self-refer at <https://www.anchorcounselling.org/> or

Email at therapy@anchorcounselling.org

3

Immediate support for mental health crisis: Single Point of Access (SPA) provided by West London NHS Trust

Trust's 24/7 mental health helpline on 0800 328 4444, with instant availability without the need of self-referral

Visit <https://www.westlondon.nhs.uk/our-services/adult/mental-health-services/single-point-access> for more information

4

Films from Fulham, Ealing & Hounslow Mind: get to know about your mental health and how your body responds to stress and mental health crisis:

My Mind TV: <https://www.my-mind.tv>

The first point of call for mental health issues is always your GP. The above links are provided only to direct patients with mild symptoms of mental health issues. It is always important to discuss your healthcare plan with a healthcare professional. This infographic has no means of replacing formal mental health services or counselling.



It's time to take care of yourself!

Now is the time to reach out and ask for help.

Share this infographic with your loved ones today.

Sources:

London Borough of Hounslow, available at https://www.hounslow.gov.uk/info/20115/supporting_you_through_difficulty/1150/mental_health_support

Hounslow Improving Access to Psychological Therapies (IAPT)

Anchor Counselling Service

Single Point of Access (SPA) provided by West London NHS Trust

Hammersmith, Fulham, Ealing & Hounslow Mind

and any links listed provided by individual community services