

**MAPPING OF  
MENTAL HEALTH  
AND  
WELLBEING SERVICES  
FOR REFUGEES**

---

**MAY 2018**

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# INTRODUCTION

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

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 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. It 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).

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 of supporting general wellbeing rather than providing therapeutic services.

	Number (and share) of refugee specialist services	Number (and share) of non-specialist services	Total
<b>Type of provider</b>			
<b>NHS</b>	12 (5%)	227 (95%)	239 (100%)
<b>Voluntary and Community</b>	116 (94%)	7 (6%)	123 (100%)
<b>Independent</b>	0 (-)	7 (100%)	7 (100%)
<b>Age group</b>			
<b>Adult service</b>	39 (21%)	145 (79%)	184
<b>All age service</b>	75 (68%)	36 (32%)	11

# ICON KEY

Here you can find the name of the service.

Service Name

This symbol indicates the contact address of the service.



The telephone number or email address for the service can be found here.



This symbol indicates the applicable areas for this service.



The website for the service can be found here.



This symbol shows that the service is open to All Ages/Adults Only/Children and Young People.



This symbol shows that the service provider is from the NHS/Voluntary and Community Sector/Independent.



This symbol indicates the kinds of services on offer.



This symbol indicates the different referral routes for the service.





This will tell you which providers are Refugee/Migrant Specialists.

Refugee/Migrant Specialist ✓


## Bedfordshire and Hertfordshire

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

 The Colonnades, Beaconsfield Road, Hatfield  
AL10 8YE  
 Hertfordshire

 0300 7770707


 [Click to view website](#)

 Adult service






 Community-based MH services

The service use 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 (TTT). 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.


 GP or other medical referral

### Bedfordshire Refugee and Asylum Seeker Support (BRASS)

 27b Tavistock Street,  
Bedford  
MK40 2RB  
 Bedford Borough Council

 01234 211381

 [Click to view website](#)

 All age service

 Voluntary and Community


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

Provides wellbeing activities including women's group, social events, gardening in the allotment, and leisure trips.

 Self-referral

*Refugee/Migrant Specialist* ✓

### Hertfordshire outreach service - Tavistock and Portman NHS Foundation Trust


 Sites in Cheshunt, Hemel Hempstead and Hertfordshire  
 Hertfordshire

 020 89382391


 [Click to view website](#)

 Adult service



 Psychological therapies including IAPT



The service offer psychotherapy to adults with complex difficulties in Cheshunt, Ware, Hemel Hempstead and Watford including: personality disorders; trauma; medically unexplained symptoms; chronic (long-term) medical conditions; and refugees and those in the most extreme emotional need. It provides consultations, brief psychotherapy and specialist psychotherapy.

 GP or other medical referral

*Refugee/Migrant Specialist* ✓


## Bedfordshire and Hertfordshire

### Hertfordshire Partnership University NHS Foundation Trust


 The Colonnades, Beaconsfield Road, Hatfield  
AL10 8YE  
 Hertfordshire

 0300 7770707


 [Click to view website](#)

 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 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

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

 Trend House, Dallow Road  
Luton Bedfordshire  
LU1 1LY  
 Luton

 01582 393130


 [Click to view website](#)

 Adult service






 Wellbeing activity or support groups

The service provides workshops, courses, groups and individual treatment at a variety of locations across Luton as well as GP practices. Services available to adults registered with Luton GPs or young people aged 17 and over who are not in full-time education.

 GP or other medical referral

### Refugee & Migrant Development Association (RAMDA)


 Chaucer House, 134 Biscot Road, Luton  
LU3 1AX  
 Luton and Bedfordshire

 01582 457740 or 07939 43360


 [Click to view website](#)

 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

Refugee/Migrant Specialist ✓

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



The Colonnades, Beaconsfield Road, Hatfield  
AL10 8YE  
Hertfordshire



01707 253900



[Click to view website](#)



Children and Young  
People Service



CAMHS

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

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

 Multiple locations  
 Essex

 0845 0380030


 [Click to view website](#)

 Adult service

**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


**NHS**

 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


 [Click to view website](#)

 Adult service

**NHS**



 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.

 GP or other medical referral




## Healthy Minds (West Essex IAPT)


 Healthy Minds  
Laffon Bush Centre  
Southern Way  
Harlow  
Essex  
CM18 7BL  
 West Essex

 0300 2225943


 [Click to view website](#)

 Adult service



**NHS**

 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


 [Click to view website](#)

 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


 [Click to view website](#)

 All age service

**NHS**


 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.


 GP or other medical referral

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


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

 01702 440665


 [Click to view website](#)

 All age service

**NHS**

 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.

 GP or other medical referral

## Thurrock First - Essex Partnership University NHS Foundation Trust


 Essex

 01375 511000

 [Click to view website](#)

 Adult service



**NHS**

 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

## 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



**NHS**

 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


 [Click to view website](#)

 Children and Young People Service



**NHS**

 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

 01603 421576


 [Click to view website](#)

 Adult service

**NHS**

 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.

 GP or other medical referral

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

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

 01553 609933


 [Click to view website](#)

 All age service



**NHS**


 Community-based mental health services

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


 [Click to view website](#)

 Adult service


**NHS**

 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


 [Click to view website](#)

 All age service

**NHS**

 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.

 GP or other medical referral

## Community Youth Mental Health Team - Norfolk and Suffolk NHS Foundation Trust



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



01493 337958



[Click to view website](#)



Children and Young  
People Service



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 agency


# EAST Peterborough and Cambridgeshire

## CECF Refugee Services


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

 01223 655241

 [Click to view website](#)


 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** ✓

## Community CAMHS Central Team - Cambridgeshire and Peterborough NHS Foundation Trust

 CAMHS Single Point of Access  
 Newtown Centre  
 Nursery Road  
 Huntingdon  
 PE29 3RJ  
 Huntingdon and Fenland

 01480 428115


 [Click to view website](#)

 Children and Young People Service



**NHS**

 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, Any other professional

## Community CAMHS North Team - Cambridgeshire and Peterborough NHS Foundation Trust

 Child and Adolescent Mental Health Services,  
 Winchester Place, 80 Thorpe Road, Peterborough,  
 PE3 6AP  
 Cambridgeshire

 01223 465100


 [Click to view website](#)

 Children and Young People Service

**NHS**



 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 Peterborough and Cambridgeshire

## 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

 0300 3000055


  
Click to view website

 Adult service



**NHS**

 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

## Community CAMHS South Team- Cambridgeshire and Peterborough NHS Foundation Trust

 CAMHS Single Point of Access  
Newtown Centre  
Nursery Road  
Huntingdon  
PE29 3RJ  
 Cambridgeshire

 01480 428115


  
Click to view website

 Children and Young  
People Service

**NHS**

 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

## Bangladeshi Support Centre



Bangladeshi Support Centre, Room 29, 19 Tower Street,  
Ipswich, Suffolk  
IP1 3BE  
Suffolk County Council



01473 400081



[Click to view website](#)



All age service



Voluntary and Community



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

Drop-in centre with support workers to provide information, help and support on issues such as housing, education, benefits, racial harassment, as well as a befriending scheme for over 50s.



Self-referral, Friends and family

**Refugee/Migrant Specialist** ✓

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



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



01473 341763



[Click to view website](#)



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** ✓

## Karibu African Women's Support Group



KARIBU, Burlington Road, (Burlington Baptist Church Hall),  
Ipswich  
IP1 2EU  
Suffolk County Council



01473 289330



[Click to view website](#)



Adult service



Voluntary and Community



Advocacy or improving access to mental health services , Counselling

Karibu helps women and their families to access services, offer counselling and provide a range of wellbeing activities.





Friends and family, Self-referral

**Refugee/Migrant Specialist** ✓




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

 Mariner House,  
Handford Road  
Ipswich  
IP1 2GA  
 Suffolk

 0300 1231334


 [Click to view website](#)

 All age service



**NHS**

 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. .

 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


 [Click to view website](#)

 Adult service



**NHS**

 Wellbeing activity or support groups

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

 GP or other medical referral

## P.H.O.E.B.E


 19 Tower Street, Ipswich  
IP1 3BE  
 Suffolk County Council

 01473 231566


 [Click to view website](#)

 All age service

 Voluntary and Community

 Counselling, Advocacy or improving access to MH services

Offers specialist advice, information, casework, advocacy and support and counselling services to black and ethnic minority women and children. Current projects include self esteem workshops for girls.

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


**Refugee/Migrant Specialist** ✓

## Suffolk Refugee Support


 38 St Matthew's St, Ipswich  
IP1 3EP  
 Suffolk County Council

 01473 400785


  
[Click to view website](#)

 All age service

  
Voluntary and Community

 Drop-in/day services

Provides support and wellbeing activities including music, media and radio projects (in partnership with Ipswich Community Media's New Beginning Project); weekly men's football group; international women's group; friends' group (parent and children's group). Also provides drop-in advice services.



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

*Refugee/Migrant Specialist* ✓

# EAST MIDLANDS

## 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


 [Click to view website](#)

 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


 [Click to view website](#)

 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


 [Click to view website](#)

 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

**Refugee/Migrant Specialist** ✓

# EAST MIDLANDS


## Derbyshire and Nottinghamshire

### Belong


 32 Gregory Boulevard, Hyson Green  
NG7 6BG  
 Nottingham City Council


 0115 9790015

 [Click to view website](#)

 Children and Young People Service

 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


**Refugee/Migrant Specialist** ✓

### Derby Bosnia-Herzegovina Community Association


 99 Curzon Street, Derby  
DE1 1LN  
 Derby City

 01332 294436


 [Click to view website](#)

 All age service

 Voluntary and Community



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

Refugee Project in collaboration with Derby Refugee Forum, providing drop-in services for refugees, including assistance arranging GP or hospital appointments, and with referrals to counselling services. Services primarily provided for refugees from the former Yugoslavia of any ethnic background.

 Solicitor, Voluntary or community organisation, Local authority, Self-referral

**Refugee/Migrant Specialist** ✓

### Derby Refugee Advice Centre


 Bosnia and Herzegovina Centre, 99 Curzon Street, Derby  
DE1 1LN  
 Derby City

 01332 347497


 [Click to view website](#)

 All age service

 Voluntary and Community

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

Drop-in service provides advice, advocacy and support in a safe and confidential environment (with interpreters for some languages).



 Self-referral, Friends and family, GP or other medical referral, Other (Please explain)


**Refugee/Migrant Specialist** ✓

# EAST MIDLANDS


## Derbyshire and Nottinghamshire

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


 Locations in Derby, Alfreton, Ashbourne, Buxton, Chesterfield, Long Eaton, Ripley and Swadlingcote AL10 8YE  
 Derbyshire

 01332 265659


 [Click to view website](#)

 Adult service





 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.

 Self-referral, GP or other medical referral

### Let's Talk-Wellbeing (Nottingham) - Nottinghamshire Healthcare NHS Foundation Trust


 Duncan Macmillan House  
 Porchester Road  
 Nottingham  
 NG3 6AA  
 NG3 6AA  
 Nottingham City and Nottinghamshire

 0115 9560888


 [Click to view website](#)

 Adult service



 Psychological therapies including IAPT

Service that provides psychological assessment and treatment for mild to moderate common mental health problems, for adults aged 18 years and over. A range of different approaches are used, including one to one appointments, group workshops, self-help books, leaflets, online and telephone support.

 GP or other medical referral, Self-referral

### Local Mental Health Teams (Multiple Locations) - Nottinghamshire Healthcare NHS Foundation Trust

 Nottinghamshire Healthcare NHS Foundation Trust  
 Duncan Macmillan House  
 Porchester Road  
 Nottingham  
 NG3 6AA  
 Nottinghamshire

 0115 9691300


 [Click to view website](#)

 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.

 GP or other medical referral

# EAST MIDLANDS

## 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



01909 500990  
(Extension number: 2590)



[Click to view website](#)



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 services

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 5GZ  
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

Refugee/Migrant Specialist ✓

# EAST MIDLANDS

## Derbyshire and Nottinghamshire

### Nottingham Women's Counselling Service



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



0115 9605577



[Click to view website](#)



All age service



Voluntary and Community



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



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

### Social Inclusion and Wellbeing Service - Nottinghamshire Healthcare NHS Foundation Trust



Stonebridge Centre, Cardiff Street, Nottinghamshire NG3 2FH  
 Nottingham



0115 9560802



[Click to view website](#)



Adult service



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 meaningful 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.



GP or other medical referral

# EAST MIDLANDS

## 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



[Click to view website](#)



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

### The Centre for Trauma, Resilience and Growth - Nottinghamshire Healthcare NHS Foundation Trust



Mandala Centre, Gregory Boulevard, Nottingham  
NG7 6LB  
Nottinghamshire



0115 8542225



[Click to view website](#)



All age service



Psychological therapies including IAPT

The Centre works with adults who have been exposed to a variety of traumatic events. Provides assessment appointments six to eight weeks after referral if team considers that the Centre can help.



GP or other medical referral

### Upbeat Communities



Overdale House, 96 Whitaker Road, Derby  
DE23 6AP  
Derby City



01332 916150



[Click to view website](#)



All age service



Voluntary and Community



Wellbeing activity or support groups, Befriending

Provides newly arrived refugees and asylum seekers, from Derby and Derbyshire, with a welcome and advice, including supporting them with registering with a GP. Also offers a wide range of opportunities for refugees, asylum seekers, and local people to come together in a shared space, to take part in activities together, learn from each other and build friendships. Activities include sports, arts, health and wellbeing, a parent and toddlers group, cultural visits and community meals.



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



Refugee/Migrant Specialist ✓





# EAST MIDLANDS


## Derbyshire and Nottinghamshire


**CAMHS - Derbyshire Healthcare NHS Foundation Trust**


 Multiple locations  
 Derbyshire County Council


 0300 7900264

 [Click to view website](#)

 Children and Young People Service

 **NHS**

 CAMHS  
Provides a range of treatments for the emotional and psychological wellbeing of children and young people aged 0-17, from Derby and south Derbyshire.

 GP or other medical referral

# EAST MIDLANDS

## Leicestershire, Rutland and Northamptonshire

### After 18



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



07851 022125



[Click to view website](#)



Children and Young  
People Service



Voluntary and Community



Wellbeing activity or support groups

After18 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

**Refugee/Migrant Specialist** ✓

### Changing Minds IAPT Service - Northamptonshire Healthcare NHS Foundation Trust



Danetre Hospital, H Block, London Road, Daventry,  
Northamptonshire  
NN11 4DY  
Northamptonshire



0300 9991616



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT

Changing Minds IAPT services help people (aged 17.5 years and over) with mild to moderate depression and/or an anxiety disorder, including carers and people with long term conditions. Therapeutic work takes place in GP surgeries and other suitable facilities throughout the county. Service also provides occasional workshops and webinars out of hours or during the weekend.



GP or other medical referral, Self-referral

### Changing Minds IAPT Service - Northamptonshire Healthcare NHS Foundation Trust



Multiple locations  
Northamptonshire



0300 9991616



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT

Changing Minds IAPT services help people with mild to moderate depression and/or an anxiety disorder, including carers and people with long term conditions. Therapeutic work takes place in GP surgeries and other suitable facilities throughout the county. Service also provides occasional workshops and webinars out of hours or during the weekend.



GP or other medical referral, Self-referral

# EAST MIDLANDS

## Leicestershire, Rutland and Northamptonshire

### Community Health Services - Leicestershire Partnership NHS Trust



Riverside House  
 Bridge Park Plaza  
 Bridge Park Road  
 Thurmaston  
 Leicester  
 LE4 8PQ  
 Leicester, Leicestershire and Rutland



0300 300777



Click to view website



Adult service



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

### Crisis cafés (multiple locations) - Northamptonshire Healthcare NHS Foundation Trust



Multiple locations in Northamptonshire e.g. Anchor House, Northampton Mind, 6/7 Regent Square, Daventry NN1 2NQ  
 Northamptonshire



Multiple see web link



Click to view website



Adult service



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

Crisis Cafes 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

### CAMHS in the Community - Northamptonshire Healthcare NHS Foundation Trust (Multiple locations)



St Mary's Hospital  
 London Road  
 Kettering  
 NN15 7PW  
 Northamptonshire



01536 410141



Click to view website



Children and Young People Service



CAMHS, Community-based mental health services

CAMHS in the community supports children and young people with significant mental health difficulties. The service offers a range of therapies delivered individually or in groups, in partnership with families at a number of localities.






GP or other medical referral, Any other professional

# EAST MIDLANDS


## 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


 0116 2952992

 [Click to view website](#)



 Children and Young People Service

**NHS**

 CAMHS  
The service provides a range of services including initial assessments, therapy, group work, emergency assessments and in-patient care.


 GP or other medical referral

### Leicestershire Partnership NHS Trust


 Riverside House  
Bridge Park Plaza  
Bridge Park Road  
Thurmaston  
Leicester  
LE4 8PQ  
 Leicester, Leicestershire and Rutland

 0116 2256000


 [Click to view website](#)

 All age service



**NHS**

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

The Trust provides integrated mental health, learning disability and community health services across Leicester, Leicestershire and Rutland.

 GP or other medical referral

### Let's Talk-Wellbeing (Leicestershire) - Nottinghamshire Healthcare NHS Foundation Trust

 Bank Court, Weldon Road, Loughborough, Leicestershire  
LE11 5RF  
 Leicestershire County and Rutland

 0115 8760157


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT

Service that provides psychological assessment and treatment for mild to moderate common mental health problems, to people aged 16 years and over. A range of different approaches are used, including one to one appointments, group workshops, self-help books, leaflets, online and telephone support.


 GP or other medical referral, Self-referral

# EAST MIDLANDS


## Leicestershire, Rutland and Northamptonshire

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


 Campbell House  
Campbell Square  
Northampton  
NN1 5EB  
 Northamptonshire


 01604 658813

 [Click to view website](#)

 Adult service

**NHS**

 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

### Open Mind (Leicester City) - Nottinghamshire Healthcare NHS Foundation Trust


 Leycroft Rd, Leicester  
LE4 1ET  
 Leicester


 0116 2927010

 [Click to view website](#)



 Adult service

**NHS**

 Psychological therapies including IAPT  
Service that provides psychological assessment and treatment for mild to moderate common mental health problems, to people aged 16 years and over. A range of different approaches are used, including one to one appointments, group workshops, self-help books, leaflets, online and telephone support.

 GP or other medical referral, Self-referral

### Psychological Therapies - Leicestershire Partnership NHS Trust


 Gwendolen House  
Leicester General Hospital site  
Gwendolen Road  
Leicester  
LE5 4PW  
 Leicester, Leicestershire and Rutland


 0116 2952305

 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT  
The service offers specialist level Cognitive Behavioural Psychotherapy and Dynamic Psychotherapy as well as a service providing Therapy Service for People with a Personality Disorder (TSPPD) for people aged 16 years and over.

 GP or other medical referral

# EAST MIDLANDS

## Leicestershire, Rutland and Northamptonshire

### Leicestershire and Rutland CAMHS - Leicestershire Partnership NHS Trust



Child And Adolescent  
Mental Health Service  
Westcotes House  
Westcotes Drive  
Leicester  
LE3 0QU  
Leicester City



0116 2952900



[Click to view website](#)



Children and Young  
People Service

**NHS**



CAMHS

The service provides a range of services including initial assessments, therapy, group work, emergency assessments and in-patient care.



GP or other medical referral

### The Assist Practice



Child And Adolescent  
1a Clyde Street  
Leicester  
LE1 2BG  
Leicester



0116 295 2400



[Click to view website](#)



Children and Young  
People Service

**NHS**



Psychological therapies including IAPT

The Assist practice provides physical and mental health support to Syrian refugees settled by the Vulnerable Persons Resettlement Scheme in Leicester.





Self-referral; Local authority; GP or other medical referral

# EAST MIDLANDS

## 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)


 [Click to view website](#)

 Adult service

**NHS**

 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  
 Lincs  
 LN1 1FS  
 Lincolnshire

 0303 1234000


 [Click to view website](#)

 All age service



**NHS**

 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

### Navigo - Psychology service


 The Eleanor Centre,  
 21 Eleanor Street, Grimsby,  
 DN32 9EA  
 North East Lincolnshire

 01472 808502


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT



The Psychology Service provides assessment and formulation of service user's psychological and mental health problems. Evidence-based treatments are offered, supplemented by neuropsychological assessments.


 GP or other medical referral

# EAST MIDLANDS


## Lincolnshire

### Navigo Healthcare (North East Lincolnshire)

 NAViGO House, 3-7 Brighowgate,  
Grimsby, North East Lincolnshire  
DN32 0QE  
 North East Lincolnshire

 01472 583000


  
[Click to view website](#)

 Adult service



**NHS**

 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


  
[Click to view website](#)

 Adult service



**NHS**

 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


  
[Click to view website](#)

 Adult service

**NHS**

 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



# EAST MIDLANDS

## Lincolnshire

### steps2change Lincolnshire - Lincolnshire Partnership NHS Foundation Trust



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

Lincolnshire



0303 1234000



Click to view website



Adult service



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 family

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



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

Lincolnshire and North East Lincolnshire



0303 1234000



Click to view website



Children and Young 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 well-being 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



01472 722000



Click to view website



Children and Young People Service



Independent



Avocacy or improving access to mental health services; counselling

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 0PE  
 Camden and Islington

 020 33177300


 [Click to view website](#)

 Adult service



 NHS

 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](#)

 Adult service

 Voluntary and Community



 Wellbeing activity or support groups, Counselling

Among other services, the organisation provides counselling services in English, Arabic and Kurdish. Bilingual advocates can provide emotional and practical support to women experiencing domestic violence and threats of Honour Based Violence.

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

*Refugee/Migrant Specialist* ✓

### Manor Gardens Welfare Trust

 6-9 Manor Gardens, Islington, London  
N7 6LA  
 London

 020 72724231


 [Click to view website](#)

 All age service

 Voluntary and Community

 Wellbeing activity or support groups

The centre provides a range of health and wellbeing services including befriending and health advocacy for refugees and newly arrived migrants.



 GP or other medical referral

*Refugee/Migrant Specialist* ✓

# LONDON


## Camden and Islington

### Nafsiyat Intercultural Therapy Centre

 Unit 4, Lysander Mews, Lysander grove, London  
N193QP  
 Islington

 020 72636947


  
[Click to view website](#)

 All age service

  
Voluntary and Community

 Psychological therapies including IAPT, Counselling

Provide intercultural psychotherapy and/or counselling in multiple languages. 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 0SF  
 London Boroughs

 [info@newartstudio.org.uk](mailto:info@newartstudio.org.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

**Refugee/Migrant Specialist** ✓

# LONDON


## Camden and Islington

### St Pancras Refugee Centre - Holy Cross Centre


 8 Fairhazel Gardens  
NW6 3SG  
 London Borough of Camden


 020 72788687

 [Click to view website](#)

 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

 [Click to view website](#)

 All age service

**NHS**

 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


 [Click to view website](#)

 Adult service

 Voluntary and Community

 Psychological therapies including IAPT, Community-based 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

**Refugee/Migrant Specialist** ✓

# LONDON

## Camden and Islington

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



Tavistock Centre, 120 Belsize Lane, London  
NW3 5BA

Barnet, Camden, Enfield and Haringey



020 89382507



[Click to view website](#)



Children and Young  
People Service

**NHS**



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


Refugee/Migrant Specialist ✓

# LONDON


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

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

### Nightingale Hospital

 Nightingale Hospital  
11-19 Lisson Grove  
Marylebone  
NW1 6SH  
 London Boroughs

 0207 5357705


 [Click to view website](#)

 All age service



 Independent

 Psychological therapies including IAPT, Wellbeing activity or support groups

Provides a range of inpatient, outpatient and day services, including wellbeing treatments (fitness, diet, massage) for a range of different mental health conditions including post-traumatic stress disorders. Can support children, adolescents, adults and families, from any London borough. Pay to access via self-funding or health insurance.

 Self-referral, GP or other medical referral

### Notre Dame Refugee Centre


 5 Leicester Place, London  
WC2H 7BX  
 City of Westminster


 020 74402668

 [Click to view website](#)

 All age service

 Voluntary and Community

 Counselling, Wellbeing activity or support groups  
Provide counselling and creative activities to refugees. Particularly specialises in supporting French-speaking refugees, but welcomes all.



 Self-referral


**Refugee/Migrant Specialist** ✓

# LONDON

## City, Westminster, Kensington and Chelsea

### Woodfield Trauma Service - Central and North West London NHS Foundation Trust

 7a Woodfield Road  
London  
W9 2NW  
 Westminster, Kensington and Chelsea

 020 72669575


  
[Click to view website](#)

 Adult service



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

Specialist post-traumatic stress disorder (PTSD) assessment for refugees, asylum seekers and forced migrants; followed by stepped-approach to trauma-focused cognitive behavioural therapy (CBT). Teaching and workshops for symptom management are provided as well as weekly activity sessions to help people feel more confident and less lonely. This includes gardening, London sightseeing and practical drop-in sessions. The service is provided for those who have a history of being an asylum seeker, refugee or forced migrant (i.e. having to leave their country of origin because of trauma and danger); who have a primary diagnosis or signs and symptoms of PTSD, where PTSD related to an adult trauma such as war, violence, torture or rape (people with childhood trauma alone cannot be referred).



 GP or other medical referral


Refugee/Migrant Specialist 

# LONDON

## East London

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

 Thurrock Community Mental Health team  
Civic Offices, New Road, Grays  
RM17 6SL  
 Thurrock

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


 [Click to view website](#)

 Adult service



**NHS**


 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)


 [Click to view website](#)

 Adult service



**NHS**

 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 family

### Barking and Dagenham Psychological Services - North East London NHS Foundation Trust


 The Becontree Centre  
508 Becontree Avenue  
Essex  
RM8 3HR  
 Barking and Dagenham

 0300 5551014


 [Click to view website](#)

 Adult service

**NHS**

 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



Refugee/Migrant Specialist ✓




# LONDON


## East London

### Black Women's Health & Family Support

 1st Floor,  
82 Russia Lane,  
London  
E2 9LU  
 London Borough of Tower Hamlets

 0208 9803503


  
[Click to view website](#)

 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  
 London Borough of Hackney

 020 89853570


  
[Click to view website](#)

 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

 Child and adolescent mental health service CAMHS  
The Child and Family Centre  
79 Axe Street  
Barking  
Essex  
IG11 7LZ  
 Barking and Dagenham

 0300 5551035


  
[Click to view website](#)

 Children and Young People Service

**NHS**

 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

# LONDON


## East London

### 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  
 Havering

 0300 3001888


 [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

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

 Child & adolescent mental health service  
Loxford Hall  
Loxford Lane  
Ilford  
Essex  
IG1 2PL  
 Redbridge

 0300 5551182


 [Click to view website](#)

 Children and Young People Service





 CAMHS

The community based Redbridge child and adolescent mental health service offers help to 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  
 London Borough of Hackney


 020 72758440

 [Click to view website](#)

 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

**Refugee/Migrant Specialist** 

# LONDON

## East London

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



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



020 76135944

[Click to view website](#)



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

[Click to view website](#)



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 8DE

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



020 76554000

[Click to view website](#)



All age service

**NHS**



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

# LONDON

## East London

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


 Petersfield Centre  
Petersfield Avenue  
Harold Hill  
RM3 9PB  
 Havering

 0300 5551082


 [Click to view website](#)

 Adult service



**NHS**

 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

### NELFT Mental Health Direct - North East London NHS Foundation Trust

  Barking and Dagenham, Havering, Redbridge or Waltham Forest

 0300 5551000


 [Click to view website](#)

 All age service



**NHS**

 Advocacy or improving access to MH services

NELFT Mental Health direct is a telephone service that is open to callers based in 4 London boroughs for 24 hours a day (all year). People can call for mental health help and advice anytime, and can be signposted to other services to get relevant support.

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

### Newham Talking Therapies - East London NHS Foundation Trust


 Shrewsbury Annexe, Shrewsbury Health Centre  
London  
E7 8QP  
 Newham

 020 84758080

 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT, Wellbeing activity or support groups



The service offers a range of free and confidential talking therapies, including support by phone and through face-to-face sessions.


 Self-referral

# LONDON


## East London

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


 Goodmayes Hospital site  
Barley Lane  
Goodmayes  
IG3 8XJ  
 Redbridge

 0300 5551222


 [Click to view website](#)

 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  
Essex  
RM13 8GQ  
 North East London

 0300 5551200


 [Click to view website](#)

 All age service

**NHS**

 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  
 London Borough of Newham

 0208 4780577


 [Click to view website](#)

 Adult service

 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

Refugee/Migrant Specialist ✓

# LONDON

## East London

### Waltham Forest Psychological Services - North East London NHS Foundation Trust



The Ferguson Centre  
26 Low Hall Lane  
Walthamstow  
E17 8BE  
Waltham Forest



0300 5551267



[Click to view website](#)



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



[Click to view website](#)



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

# LONDON


## Lambeth and Southwark

### AAINA Women's Group


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

 0207 7083151


  
[Click to view website](#)

 All age service

  
Voluntary and Community



 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


  
[Click to view website](#)

 All age service

  
Voluntary and Community

 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 0JD  
 London Borough of Lambeth

 020 86700070


  
[Click to view website](#)

 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

# LONDON


## Lambeth and Southwark

### Certitude


 107 Raiton Road  
SE24 0LR  
 London Borough of Lambeth

 020 77372888


  
[Click to view website](#)

 Adult service


  
Voluntary and Community

 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,  
London,  
SE1 3QP  
 London

 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  
 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



**Refugee/Migrant Specialist** ✓




# LONDON


## 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

 [Click to view website](#)

 All age service



 Voluntary and Community


 Wellbeing activity or support groups  
Provide 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-referral


**Refugee/Migrant Specialist** ✓

### South London Refugee Association


 Multiple locations  
 London Borough of Lambeth


 0203 4903443

 [Click to view website](#)

 All age service



 Voluntary and Community

 Wellbeing activity or support groups, Counselling  
Provide refugees, asylum seekers and vulnerable migrants in South London with a (limited) counselling service, wellbeing and support activities for adults and young people and families, as well as practical advice.

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

**Refugee/Migrant Specialist** ✓

### Southwark Refugee Communities Forum

 1st Floor, St Giles Centre  
81 Camberwell Church Street  
SE5 8RB  
 London borough of Southwark

 020 72774400


 [Click to view website](#)

 Adult service

 Voluntary and Community

 Wellbeing activity or support groups

SRCF providing workshops to provide refugees with creative ways to cope with the stress and anxiety caused by adapting to living in a foreign country and a new culture. They also provide cycle training workshops and support Syrian arrivals with resettlement issues.


 Self-referral

**Refugee/Migrant Specialist** ✓

# LONDON


## Lambeth and Southwark

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


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

 020 86647432

  
Click to view website

 All age service

  
Voluntary and Community


 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


  
Click to view website

 Adult service

  
Voluntary and Community


 Counselling

Provide 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 (Dari), 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  
SE1 3SS  
London Borough of Southwark

 020 32289703


  
Click to view website

 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

# LONDON


## North London

### African Cultural Association (London)

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

 020 82034078


 [Click to view website](#)

 All age service

 Voluntary and Community



 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

**NHS**

 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


 020 87023329

 [Click to view website](#)

 Adult service

**NHS**



 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

# LONDON


## North London

### 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  
 Haringey

 020 87024555


 [Click to view website](#)

 Children and Young People Service

**NHS**


 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

### CAMHS services - Barnet, Enfield and Haringey Mental Health Trust

 Trust Headquarters  
St Ann's Hospital  
St Ann's Road  
London  
N15 3TH  
 Barnet, Enfield and Haringey

 Multiple see web link


 [Click to view website](#)

 Children and Young People Service



**NHS**

 CAMHS

CAMHS services across a variety of locations in Barnet, Enfield and Haringey

 GP or other medical referral, Any other professional

### Enfield Saheli

 Community House,  
311 Fore Street,  
London  
N9 0PZ  
 London Borough of Enfield

 020 83736218


 [Click to view website](#)

 Adult service

 Voluntary and Community

 Drop-in/day services, Community-based mental health services

The organisation supports South Asian women of all ethnicities, from Enfield and the surrounding boroughs. It is staffed by trained female staff who can speak South Asian languages, and provides culturally appropriate counselling, a drop-in mental health group, monthly mental health awareness workshops, an emotional wellbeing service and other wellbeing activities including meditation and walking groups.

 Self-referral

**Refugee/Migrant Specialist** ✓

# LONDON

## North London

### IAPT Enfield



Let's Talk IAPT  
Cornwall Villa Annex  
Chase Farm Hospital  
127 The Ridgeway  
Enfield  
EN2 8JL  
Enfield



020 83423012



[Click to view website](#)



Adult service



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 (PWP) 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

Refugee/Migrant Specialist ✓

### CHOICES Haringey



Haringey



020 87023405



[Click to view website](#)



Children and Young  
People Service



Advocacy or improving access to MH services ,  
Counselling

Provides one-off, face-to-face support to signpost or refer to other local organisations depending on individual needs for people suffering from a range of issues, including wanting to talk about a traumatic event or events.



Self-referral

### Tamil Relief Centre



311 fore Street, Edmonton, London  
N9 0PZ  
London Borough of Enfield



020 83736249



[Click to view website](#)



All age service



Voluntary and Community



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

Provide a range of wellbeing services to Tamil and refugees from other backgrounds including a women's outreach development project (addressing isolation, providing counselling, advocacy and support), and an elder's project (to support them to overcome isolation and emotional problems, involving drop-ins and lunch club, and trips) as well as legal and education services.



Self-referral

Refugee/Migrant Specialist ✓


# LONDON

## North London

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



2nd Floor, St. Andrew's Court  
1-4 River Front  
Enfield  
EN1 3SY  
 Enfield



020 83792090



[Click to view website](#)



Children and Young  
People Service

**NHS**



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,

# LONDON

## South East London

### Action for Community Development


 9 Deptford Street,  
Deptford,  
London  
SE8 4RX  
 London Borough of Lewisham

 020 86922277

  
[Click to view website](#)

 All age service

  
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 UK.

 Self-referral


*Refugee/Migrant Specialist* ✓

### Cassel Centre


 The CASSEL Centre,  
4 Waldram Park Road,  
Forest Hill,  
London  
SE23 2PN  
 London Borough of Lewisham

 020 82913436


  
[Click to view website](#)

 All age service



  
Voluntary and Community

 Psychological therapies including IAPT, Counselling, Other (Please explain)

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


  
[Click to view website](#)

 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

# LONDON


## 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 84669988


  
Click to view website

 Children and Young People Service



**NHS**

 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

### Croydon Psychological Therapies Service - South London and Maudsley NHS Foundation Trust


 Croydon IAPT  
Wickham Park House  
Bethlem Royal Hospital  
Monks Orchard Road  
Beckenham  
Kent  
BR3 3BX  
 London Borough of Bromley

 020 32284040


  
Click to view website

 Adult service



**NHS**

 Psychological therapies including IAPT

The service provides a range of psychological therapies offered to adults aged 18 years and over and registered with a Croydon GP.

 GP or other medical referral, Self-referral

### Greenwich Time to Talk - Oxleas NHS Foundation Trust


 Floors 1 and 2  
135-143 Eltham High Street  
Eltham  
SE9 1TJ  
 Greenwich

 020 32601100

  
Click to view website


 Adult service

**NHS**

 Psychological therapies including IAPT

Greenwich Time to Talk offers free psychological treatment for anxiety and depression. This is mainly cognitive behaviour therapy (CBT) and counselling. Services available to those aged 16 years and over who live and/or work in Greenwich borough.

They provide a specific services for those aged 16 -17, 65 years and above and people suffering from long term conditions.



 GP or other medical referral, Self-referral



# LONDON

## South East London

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


 Primary Care Psychological Therapies Service  
PO Box 73883 LONDON  
SE8 9EA  
 Lewisham

 020 32281350

 [Click to view website](#)

 Adult service



**NHS**

 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  
SE12 8LH  
 London Borough of Lewisham

 020 32289200


 [Click to view website](#)

 Adult service



**NHS**

 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


 [Click to view website](#)

 Children and Young People Service

**NHS**

 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

# LONDON


## South West London

### Refugee Action Kingston


 Siddeley House, 50 Canbury Park Road, Kingston  
KT2 6LX  
 Royal Borough of Kingston upon Thames

 020 85470115


 [Click to view website](#)

 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

 [Click to view website](#)

 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  
 London Borough of Sutton

 020 86612117

 [Click to view website](#)

 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

**Refugee/Migrant Specialist** ✓

# LONDON


## 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  
SW17 7DJ  
 Kingston, Merton, Richmond, Sutton and Wandsworth

 020 35135000


 [Click to view website](#)

 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, Springfield University Hospital  
61 Glenburnie Road  
Tooting  
London  
SW17 7DJ  
 Kingston, Merton, Richmond, Sutton and Wandsworth

 020 35136911


 [Click to view website](#)

 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,  
CR0 2PR  
 London Borough of Croydon

 020 82510251


 [Click to view website](#)

 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

 **Refugee/Migrant Specialist** ✓

# LONDON


## West London

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

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

 020 79283462


 [Click to view website](#)

 Adult service

 Voluntary and Community



 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 (Dari), 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  
 London Borough of Brent

 020 88383462


 [Click to view website](#)

 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 7DJ  
 Hammersmith and Fulham

 0300 1231 156


 [Click to view website](#)

 Adult service

**NHS**

 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

# LONDON

## West London

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



Multiple locations across north west London and Milton Keynes

North West London and Milton Keynes



Multiple see web link

[Click to view website](#)



All age service



CAMHS

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  
London Borough of Ealing



020 89924621



[Click to view website](#)



All age service



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 activity groups for children and older people.



Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist ✓

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



Ealing IAPT  
Third Floor  
84 Uxbridge Road  
West Ealing  
W13 8RA  
Ealing



020 33135660



[Click to view website](#)



Adult service



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

The service offers support for common mental health problems such as depression, anxiety and panic. It offers a range of talking therapies to help people to change negative thoughts and feelings to overcome any difficulties or distress, and has therapists who speak a number of languages (Urdu, Punjabi, Polish, Hindi, French and Spanish), as well as being able to provide interpreters.






Self-referral, GP or other medical referral

# LONDON


## West London

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

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

 020 4235948


 [Click to view website](#)

 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

 The Isleworth Centre  
146 Twickenham Road  
Isleworth  
TW7 7DJ  
 Hounslow

 0300 1230739


 [Click to view website](#)

 Adult service



**NHS**

 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

 Unit1 Caval House,  
233 Wood lane,  
London  
W12 0HL  
 London Borough of Hammersmith & Fulham

 020 70232650


 [Click to view website](#)

 Adult service

 Voluntary and Community

 Wellbeing activity or support groups

The association offer wellbeing groups for Iraqi or Arabic-speaking 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

**Refugee/Migrant Specialist** ✓

# LONDON

## West London

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



First Floor St Johns Health Centre  
Oak Lane Twickenham  
TW1 3PA  
London Borough of Richmond



020 85485550



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT

The service offers group workshops, counselling, self help courses, a range of talking therapies and computer-based therapies.



Self-referral

### West London Mental Health NHS Trust



Trust Headquarters  
1 Armstrong Way  
Southall  
UB2 4SD  
Ealing, Hammersmith and Fulham, Hounslow



0300 1234244



[Click to view website](#)



All age service

**NHS**



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


The Trust provides care, treatment and support for a range of conditions or illnesses affecting people's psychological wellbeing. It provides both mental health inpatient care and treatment in the community in the London boroughs of Ealing, Hammersmith & Fulham and Hounslow. It also provides a child and adolescent mental health service for the London Borough of Brent.




GP or other medical referral


# NATIONAL

## Priory Group

 Multiple locations

 0808 2561986


 [Click to view website](#)

 Children and Young People Service

 Independent



 CAMHS

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

**Refugee/Migrant Specialist** ✓

## 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, Community-based 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.

 Self-referral

**Refugee/Migrant Specialist** ✓

## British Red Cross


 Multiple locations  
AL10 8YE  
 National

 Multiple see web link

 [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 services

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

**Refugee/Migrant Specialist** ✓



# NATIONAL

## FORWARD



Suite 2.1,  
Chandelier Building,  
London  
NW10 6RB  
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



[Click to view website](#)



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  
London Borough of Camden



020 30582020



[Click to view website](#)



Adult service



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/Migrant Specialist ✓

# NATIONAL

## Mind



Multiple locations



Multiple see web link



[Click to view website](#)



Adult service



Voluntary and Community



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

Provide a range of services in 130 different locations. Services include talking therapies, peer support groups and wellbeing activities, but can vary by location.



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

## Prory Group



Multiple locations

National



0800 6911552



[Click to view website](#)



Adult service



Independent



Psychological therapies including IAPT, Counselling

Independent provider of inpatient and outpatient PTSD therapies, e.g. trauma-focused CBT, EDMR and group treatment offered alongside trauma counselling for adults. Pay to access: self-pay and health insurance payment options



Self-referral, GP or other medical referral

## Psychiatry-UK



Online

National



0330 1241980



[Click to view website](#)



All age service



Independent



Psychological therapies including IAPT

Online video psychiatry service that takes NHS referrals. Psychiatrists available to treat a number of conditions including PTSD. Over 30 psychiatrists available with 20+ languages. Psychiatrist available with particular interest in supporting refugees and asylum seekers. Assessment costs £300, additional fees will be discussed. Welcomes medical insurance, and funding via CCG.



GP or other medical referral, Self-referral

## Refugee Council



Multiple locations



Multiple see web link



All age service



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



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


Refugee/Migrant Specialist ✓

 [Click to view website](#)

 Voluntary and Community

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



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



020 32282969



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

Refugee/Migrant Specialist ✓



 [Click to view website](#)


**NHS**

# 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


 [Click to view website](#)

 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


 [Click to view website](#)

 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


 [Click to view website](#)

 Adult service

**NHS**

 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

 0191 3333300


 [Click to view website](#)

 Adult service



**NHS**

 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 Craven; 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


 [Click to view website](#)

 Adult service

**NHS**

 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



[Click to view website](#)



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



[Click to view website](#)



Adult service



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

## First Step - Cumbria Partnership NHS Foundation Trust

 The Hub, Elmwood, Tynefield Drive, Penrith  
CA11 8JA  
 Cumbria County Council



0300 1239122



[Click to view website](#)



Adult service

**NHS**





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

Talking therapies provided for people aged 18 years and over and registered with a Cumbria GP. This includes trauma focused CBT and eye movement desensitisation and reprocessing (EMDR) as part of treatment for PTSD. Ways to Wellbeing workshops are also provided.



Self-referral, GP or other medical referral

## Specialist Tier 3 CAMHS - Cumbria Partnership NHS Foundation Trust

 Multiple locations  
CA1 3SX  
 Cumbria County Council



Multiple see web link



[Click to view website](#)



Children and Young People Service

**NHS**



CAMHS

Service for children, young people and families with significant, severe, complex or persistent emotional, mental health, psychological and/or relationship difficulties.



GP or other medical referral

# NORTH WEST

## Greater Manchester

### Befriending Refugees and Asylum Seekers (BRASS)



The Park Lodge, Green Lane, Great Lever, Bolton, Lancashire BL3 2HP  
 Bolton Metropolitan Borough Council



01204 238340



[Click to view website](#)



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

**Refugee/Migrant Specialist** ✓

### Bury City of Sanctuary



114 Manchester Road  
 BL9 0TH  
 Bury Metropolitan Borough Council



07709 983822



[Click to view website](#)



All age service



Voluntary and Community



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

Provides advice on accessing services, a drop-in centre and support activities (social).



Friends and family, Self-referral

**Refugee/Migrant Specialist** ✓

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



Humphrey House  
 Angouleme Way  
 Bury  
 BL9 0EQ  
 Bury



0161 2535258



[Click to view website](#)



Adult service

**NHS**



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 Bury 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




# NORTH WEST


## Greater Manchester

### Freedom from Torture

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

 0161 2365744


  
[Click to view website](#)

 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, Social services


*Refugee/Migrant Specialist* ✓

### Greater Manchester Mental Health NHS Foundation Trust


 Trust Headquarters  
Bury New Road  
Prestwich  
Manchester  
M25 3BL  
 Bolton, Central Lancashire, Cheshire and Merseyside, Cumbria, Manchester, Prestwich, Salford, Trafford, Wigan and Leigh

 0161 7739121


  
[Click to view website](#)

 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 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

 0161 7164747


  
[Click to view website](#)

 Adult service

**NHS**

 CAMHS

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.


 GP or other medical referral

# NORTH WEST

## 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


 [Click to view website](#)

 Adult service

**NHS**

 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.


 GP or other medical referral

### Manchester City of Sanctuary


 Manchester City of Sanctuary, C/O CPCMI, Richmond House, 11 Richmond Grove, Manchester M13 0LN  
 Manchester City Council

 0161 2733977

 [Click to view website](#)

 All age service

 Voluntary and Community



 Wellbeing activity or support groups

The group provides refugees and asylum seekers with conversation clubs and community meals; signposting; advocacy services; and events (e.g. theatre trips), all designed to make people feel welcome and support their wellbeing.

 Self-referral

**Refugee/Migrant Specialist** ✓

### Manchester Refugee Support Network (MRSN)


 129 Princess Road, Moss Side, Manchester M14 4RB  
 Manchester City Council

 0161 8680777


 [Click to view website](#)

 All age service

 Voluntary and Community

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

Provides advice services which helps refugees to access healthcare, and other key services. Provides a health and wellbeing project, which meets on Sunday mornings.



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


**Refugee/Migrant Specialist** ✓

# NORTH WEST

## Greater Manchester

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


 111 Union Street  
Oldham  
OL1 1RU  
 Oldham

 0161 7162777


 [Click to view website](#)

 Adult service



**NHS**

 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  
 Oldham

 0161 7162757


 [Click to view website](#)

 Adult service

**NHS**

 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


 [Click to view website](#)

 Adult service

**NHS**

 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.

 GP or other medical referral

# NORTH WEST

## Greater Manchester

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

 Oasis Building  
Stepping Hill Hospital  
Stockport  
SK2 7JE  
 Stockport

 0161 4194678


 [Click to view website](#)

 Adult service

**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 7JE  
 Stockport

 0161 4195725


 [Click to view website](#)

 Adult service

**NHS**

 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


 [Click to view website](#)

 Adult service

**NHS**

 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

# NORTH WEST

## Greater Manchester

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


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

 0161 7164242


  
[Click to view website](#)

 Adult service


**NHS**

 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

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

 0161 7163500


  
[Click to view website](#)

 Adult service



**NHS**

 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


  
[Click to view website](#)

 Adult service

**NHS**

 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

# NORTH WEST

## Greater Manchester

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### Thinking Ahead Heywood, Middleton and Rochdale - Pennine Care NHS Foundation Trust



Nye Bevan House  
Maclure Road  
Rochdale  
OL11 1DN  
Heywood, Middleton and Rochdale



01706 751180



[Click to view website](#)



Adult service

**NHS**



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

Thinking Ahead help people over the age of 16 years with everyday issues that affect mental wellbeing and provides professional support for more common mental health difficulties, such as anxiety and depression. It offers easy access to support in the local community and a range of therapies, including counselling, cognitive behavioural therapy, or guided online therapy.



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

# NORTH WEST

## 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  
Lancashire



Multiple see web link



Children and Young People Service



CAMHS

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, LANCS LA1 1EZ  
Lancashire County Council



01524 36201



Click to view website



All age service



Voluntary and Community



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



Click to view website



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

# NORTH WEST

## Lancashire

### Lancashire Traumatic Stress Service - Lancashire Care NHS Foundation Trust

 18 Euston Lane  
Chorley  
Lancashire  
PR7 1PS  
 Lancashire

 01772 647071


  
[Click to view website](#)

 Adult service


**NHS**

 Psychological therapies including IAPT, Counselling


The remit of the service is to provide a specialist assessment and treatment service for individuals who experience a significant range of distressing symptoms following an event which they have found to be traumatic.

 GP or other medical referral

### Mindmatters Talking Therapies - Lancashire Care NHS Foundation Trust

 Multiple sites across Preston, Chorley & South Ribble, Fylde & Wyre, East Lancashire, North Lancashire, Blackburn with Darwen, and St Helens


 Lancashire

 Multiple see web link


  
[Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT

The service provides locally-based, dedicated teams of Psychological Wellbeing Practitioners (PWPs), Cognitive Behavioural therapists and counsellors who offer a range of support to help make positive changes to reduce stress and anxiety and improve the wellbeing of people aged 16 years and over. These include stress control classes, wellbeing workshops, group therapies, one to one support and telephone support.



 Self-referral, GP or other medical referral



# NORTH WEST

## Merseyside

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


 Knowsley Assessment Team  
Knowsley Resource and Recovery Centre  
Whiston Hospital  
Dragon Lane  
Prescot  
L35 5DR  
 Halton, Knowsley, St Helens, Warrington and Wigan

 0151 6765263


 [Click to view website](#)

 Adult service



**NHS**


 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 Council

 0151 7091713

 [Click to view website](#)

 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.

 Self-referral

*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  
L35 5DR  
 Halton, Knowsley, St Helens, Warrington and Wigan

 0151 4896137


 [Click to view website](#)

 Children and Young People Service

**NHS**

 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

# NORTH WEST

## Merseyside

### Mersey Care NHS Trust


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

 0151 4730303


 [Click to view website](#)

 Adult service



 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  
 Liverpool, Sefton and Kirkby, Merseyside

 0151 4730303


 [Click to view website](#)

 Adult service





 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 Grey 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, gardening, training courses, and football activity. They also provide practical support services and advocacy, immigration advice, and drop in centres.

 Self-referral


**Refugee/Migrant Specialist** 

# NORTH WEST


## Merseyside

### Talk Liverpool - Mersey Care NHS Trust


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

 0151 2282300


 [Click to view website](#)

 Adult service



**NHS**

 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  
 Halton, Knowsley, St Helens, Warrington and Wigan

 0151 4301707

 [Click to view website](#)


 Adult service

**NHS**



 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  
Alford Street  
Widnes  
WAB 7QA  
 Halton, Knowsley, St Helens, Warrington and Wigan

 0151 2926954

 [Click to view website](#)


 Adult service

**NHS**

 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.

 Self-referral, GP or other medical referral

# NORTH WEST

## Merseyside

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



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

Halton, Knowsley, St Helens, Warrington and Wigan



01942 264051



[Click to view website](#)



Adult service

**NHS**



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

### Wirral Access Service - Cheshire and Wirral Partnership Trust



The Stein Centre  
Derby Road, Tranmere  
Wirral  
CH42 0LQ  
 Wirral Council



0151 4888156



[Click to view website](#)



Adult service

**NHS**



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.



GP or other medical referral

# SOUTH EAST

## Berkshire, Buckinghamshire and Oxfordshire

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



Berkshire



0300 3651234 (urgent referrals)



[Click to view website](#)



Children and Young People Service



CAMHS

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).



Self-referral, GP or other medical referral

### Asylum Welcome



Unit 7, Newtec Place, Magdalen Road, Oxford  
OX4 1RE  
Oxford City Council / Oxfordshire County Council



01865 722082



[Click to view website](#)



All age service



Voluntary and Community



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

Asylum Welcome offer wellbeing and practical services for refugees and asylum seekers. These include gardening, a welcome centre, and youth service. They also support Syrian arrivals to access health services.



Self-referral, Voluntary and community sector, GP or other medical referral

Refugee/Migrant Specialist ✓

### Aylesbury Vale Adult Mental Health Team - Oxford Health NHS Foundation Trust



Whiteleaf Centre, Bierton Road, Aylesbury,  
Buckinghamshire  
HP20 1EG  
Buckinghamshire



01865 901287



[Click to view website](#)



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.



GP or other medical referral

# SOUTH EAST

## Berkshire, Buckinghamshire and Oxfordshire

### CAMHS - Berkshire



Berkshire



0300 3651234 (urgent referrals)



[Click to view website](#)



Children and Young People Service



CAMHS

Our Children and Adolescent Mental Health Service (CAMHS) works with young people who are experiencing significant, severe and complex difficulties with their mental health.

These difficulties range from feeling low a lot of the time and worrying about lots of things to finding and fitting in with friends, hearing voices, having significant difficulties around eating, self-harming and even considering killing themselves.



GP or other medical referral, Self-referral

### Chiltern Adult Mental Health Team - Oxford Health NHS Foundation Trust



Unit 5, The Valley Centre, Gordon Road, High Wycombe, Bucks  
HP13 6EQ  
Buckinghamshire



01865 901462



[Click to view website](#)



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.



GP or other medical referral

### Community Mental Health Team - Berkshire



Prospect Park Hospital, Honey End Lane, Reading  
RG30 4EJ  
Berkshire



0300 3650300



[Click to view website](#)



All age service



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

The Service provides support and treatment for severe and complex mental health difficulties, referring onto other services where appropriate.



GP or other medical referral, Social services

# SOUTH EAST

## 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



[Click to view website](#)



Adult service



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

### North and West Oxon Adult Mental Health Team - Oxford Health NHS Foundation Trust



Elms Centre, Oxford Road, Banbury, Oxfordshire  
OX16 9AL  
Oxfordshire



01865 902563



[Click to view website](#)



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.



GP or other medical referral

### Oxford City and North East Oxford Locality Adult Mental Health Team -Oxford Health NHS Foundation Trust



Neill Unit, Warneford Hospital, Warneford Lane, Headington, Oxford  
OX3 7JX  
Oxfordshire



01865 902200



[Click to view website](#)



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.





GP or other medical referral

# SOUTH EAST

## Berkshire, Buckinghamshire and Oxfordshire

### Refugee Resource (Oxfordshire)

 Old Music Hall  
106-108 Cowley Road  
Oxford  
OX4 1JE  
 Oxford City Council / Oxfordshire County Council


 01865 403280

 [Click to view website](#)

 Adult service  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.

Refugee/Migrant Specialist ✓

### South Oxon Adult Mental Health Team - Oxford Health NHS Foundation Trust

 Wallingford Community Hospital, Reading Road, Wallingford, Oxon  
OX10 9DU  
 Oxfordshire


 01865 904191

 [Click to view website](#)

 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.



 GP or other medical referral


### Specialist Community Team - Berkshire

  Berkshire

 0300 365 1234 (urgent referrals)

 [Click to view website](#)

 Children and Young People Service 

 CAMHS, Community-based MH services

The service supports young people with multiple or complex mental health difficulties. These include eating disorders, severe depression, anxiety disorders that severely limit normal daily functioning, complex trauma, suicidal or significant self-harming behaviours and tic disorders.

There are three specialist community teams (SCTs) in Berkshire: one in the East (which covers Slough, Windsor, Ascot and Maidenhead), one in the West (which covers Newbury and Reading) and one in central Berkshire (which covers Wokingham and Bracknell). Each of the SCTs comprises psychiatrists, family therapists, clinical psychologists and psychotherapists. Some teams also have specialist nurses, specialist mental health practitioners and creative therapists.



 GP or other medical referral, Self-referral



# SOUTH EAST


## Berkshire, Buckinghamshire and Oxfordshire

### Talking Space - Oxford Health NHS Foundation Trust

 TalkingSpace Plus, Oxbridge Court, Osney Mead, Oxford  
OX2 0ES  
 Oxfordshire

 01865 901222


 [Click to view website](#)

 All age service

**NHS**

 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

### Talking Therapies Berkshire

 Fitzwilliam House  
Skimped Hill Lane  
Bracknell  
RG12 1BQ  
 Berkshire

 0300 3652000

 [Click to view website](#)


 All age service

**NHS**



 Psychological therapies including IAPT, Counselling

The Service has a team of advisors and therapists who can help overcome and manage difficulties through computer based therapy, various courses, workshops, face-to-face therapy and counselling. It treats conditions including:

Anxiety; Phobias; Panic; Stress; and Obsessive Compulsive Disorder (OCD).

 GP or other medical referral, Self-referral

### Traumatic Stress Service Berkshire


 25 Erleigh Road  
Reading  
RG1 5LR  
 Berkshire

 0118 9296400

 [Click to view website](#)


 Adult service

**NHS**

 Psychological therapies including IAPT

Service targeted at people who have suffered a trauma or are struggling with Post-Traumatic Stress Disorder (PTSD). It


specialises in treating: Adult survivors of childhood abuse; Military veterans; and People struggling with feelings of shame


 GP or other medical professional

# SOUTH EAST

## Hampshire and Isle of Wight

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


 Tatchbury Mount, Calmore, Southampton  
SO40 2RZ  
Hampshire

 023 80874000


  
[Click to view website](#)

 Adult service


**NHS**


 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, Southampton, Winchester, Basingstoke, Fareham, Havant and Eastleigh  
Multiple see web link  
Hampshire

 Multiple see web link


  
[Click to view website](#)

 Children and Young People Service


**NHS**

 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.

 GP or other medical referral

### CLEAR


 James Street Centre, 2 James Street, Southampton, Hampshire  
SO14 1PJ  
Southampton City Council

 023 80221111


  
[Click to view website](#)

 All age service

  
Voluntary and Community

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

CLEAR seeks to improve the quality of life of refugees and asylum seekers by providing free advice and supporting people to access local services. It also offers wellbeing activities such as football sessions, country dancing and cooking classes.

 Self-referral

**Refugee/Migrant Specialist** ✓

# SOUTH EAST

## Hampshire and Isle of Wight

### iTalk - Southern Health NHS Foundation Trust



Multiple locations across Hampshire

 Hampshire



023 80383920



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT, Wellbeing activity or support groups


An Improving Access to Psychological Therapies (IAPT) service for people suffering from depression and anxiety, delivered as a partnership between Solent Mind and Southern Health NHS Foundation Trust.



Self-referral, GP or other medical referral

### Talking Change - Solent NHS Trust



Talking Change  
Psychological Services  
8F The Pompey Centre  
Fratton Way  
Portsmouth  
PO4 8TA  
 Portsmouth



0300 1234125



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT

Talking Change is a team of psychotherapists and researchers who specialise in the understanding and treatment of common mental health conditions to help improve emotional wellbeing. Services are for those registered with a GP in Portsmouth.





Self-referral, GP or other medical referral

# SOUTH EAST


## 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


 [Click to view website](#)

 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

 [Click to view website](#)

 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


 [Click to view website](#)


 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

*Refugee/Migrant Specialist* 

# SOUTH EAST

## 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  
 Canterbury, Herne Bay and Whitstable.

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


 1 Cecil St, Margate, Kent  
CT9 1NX  
 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

# SOUTH EAST

## Kent

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### 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](#)



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

# SOUTH EAST


## Surrey and Sussex

### Brighton and Hove CBT

 Herbert Road, Brighton  
BN1 6PB  
 Brighton and Hove City Council

 07961 779010


  
[Click to view website](#)

 Adult service

  
Voluntary and Community

 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

*Refugee/Migrant Specialist* ✓

### Health in Mind - Sussex Partnership NHS Foundation Trust


  East Sussex

 0300 0030130


  
[Click to view website](#)

 Adult service



**NHS**

 Psychological therapies including IAPT

The service provides courses and other types of therapies that help with stress, anxiety and low mood, delivered by CBT therapists, Psychological Wellbeing Practitioners and Primary Care Mental Health Practitioners

 Self-referral, GP or other medical referral

### IAPT Psychological Therapies Dorking Healthcare Limited


 Multiple locations  
 Surrey County Council

 01306 735473


  
[Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT



Range of therapies provided for mild to moderate mental health problems and signposting for people that need more complex support.


 Self-referral, GP or other medical referral

# SOUTH EAST


## 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


 [Click to view website](#)

 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


 [Click to view website](#)

 Children and Young People Service



**NHS**

 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


 [Click to view website](#)

 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

Refugee/Migrant Specialist ✓



# SOUTH EAST

## Surrey and Sussex

### Sanctuary in Chichester



West Sussex



sanctuaryinchichester@gmail.com



[Click to view website](#)



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



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



[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.






GP or other medical referral

# SOUTH EAST

## Surrey and Sussex

### Sussex Interpreting Services


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

 01273 702005

 [Click to view website](#)

 Adult service

 Voluntary and Community



 Advocacy or improving access to MH services

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

 Self-referral


**Refugee/Migrant Specialist** ✓

### Sussex Partnership NHS Foundation Trust

 Trust HQ, Swandean, Arundel Road, Worthing, West  
Sussex  
BN13 3EP  
 Sussex

 01903 843000


 [Click to view website](#)

 All age service

**NHS**

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

The Trust's mental health services provide care and treatment for people with conditions such as psychosis, depression, anxiety, dementia and personality disorder. It provides care in people's homes, in specialist clinics, hospitals, GP surgeries and prisons.

 GP or other medical referral

### Sussex Syrian Community Group


  Sussex

 Syrians.Sussex@gmail.com


 [Click to view website](#)

 All age service

 Voluntary and Community

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

The group organise social events and activities to enable Syrian refugees to meet and socialise with one another and other members of the community, also providing a befriending and advice service. They run a Syrian music school, which provides lessons in Classical and Oriental music, and a choir for children aged 4-16.

 Self-referral


**Refugee/Migrant Specialist** ✓

# SOUTH EAST

## Surrey and Sussex

### Talking Therapies Surrey Online

 Fitzwilliam House  
Skimped Hill Lane  
Bracknell  
RG12 1BQ  
 Surrey

 0300 3652000


  
[Click to view website](#)

 Adult service



**NHS**

 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


  
[Click to view website](#)

 Adult service

  
Voluntary and Community



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


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** ✓

### Youth Action Sussex - Refugee and Asylum Seekers Project


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

 [info@youthactionsussex.org.uk](mailto: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

**Refugee/Migrant Specialist** ✓

# SOUTH WEST

## Cornwall and Isles of Scilly

### Cornwall CAMHS - Cornwall Partnership NHS Trust



Children's Services Care Management Centre  
Truro Health Park Infirmary Hill  
TR1 2JA  
Cornwall Council



01872 322277



[Click to view website](#)



Children and Young People Service



CAMHS

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

### Integrated Community Mental Health Teams - Cornwall Partnership NHS Foundation Trust



Cornwall Partnership NHS Foundation Trust, Head Office, Carew House, Beacon Technology Park, Dunmere Road, Bodmin, PL31 2QN  
Cornwall Council



01208 251300



[Click to view website](#)



Adult service



Community-based mental health services

Assessment and treatment service for people (aged 18 years and over and registered with a GP) with more complex mental health difficulties, either on one-to-one, group, or with family and friends basis. Home or community-setting appointments available.



GP or other medical referral

### Outlook South West



Multiple locations

Cornwall and Isles of Scilly



01208 871905



[Click to view website](#)



Adult service



Independent



Psychological therapies including IAPT

Range of psychological therapies, including Cognitive Behavioural Therapy (CBT) and traditional counselling services, delivered via one-to-one sessions, group therapy or educational courses, telephone or online therapy. For people aged 16 years and over.



Self-referral, GP or other medical referral

# SOUTH WEST Devon

## CAMHS - Devon Partnership NHS Trust



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



[Click to view website](#)



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.



GP or other medical referral

## Child & Adolescent Mental Health Services (CAMHS) - Livewell Southwest



Mount Gould Local Care Centre  
200 Mount Gould Road  
Mount Gould  
Plymouth  
PL4 7PY  
Plymouth



01752 435122



[Click to view website](#)



Children and Young People Service



CAMHS

The Service provides advice, consultation, assessment and therapeutic intervention for children and young people aged 5 -18 years, across Plymouth.



GP or other medical referral

## Community Mental Health Team -- Dorset Healthcare University NHS Foundation Trust



Multiple locations  
Dorset County Council



Multiple see web link



[Click to view website](#)



Adult service



Community-based mental health services



Provide care to people aged 18 years and over with significant mental health problems including moderate/severe depression, anxiety disorder and PTSD




GP or other medical referral

# SOUTH WEST Devon

## Community Mental Health Teams (North) Livewell Southwest


 Mount Gould Local Care Centre  
200 Mount Gould Road  
Mount Gould  
Plymouth  
PL4 7PY  
 Plymouth

 01752 434700


 [Click to view website](#)

 Adult service



**NHS**


 Community-based MH services

The teams offer specialist assessment and, where appropriate, treatment for a range of mental health conditions.


 GP or other medical referral

## 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


 [Click to view website](#)

 All age service

**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

*Refugee/Migrant Specialist* ✓

## Plymouth Options (IAPT) Anxiety & Depression Service - Livewell Southwest


 Plymouth Options, Centre Court, 73 Exeter Street, Plym-  
outh,  
PL4 0AH  
 Plymouth

 01752 435419


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT

Plymouth Options offers a range of services to people aged 16 years and over experiencing common mental health problems.

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

# SOUTH WEST Devon

## Psychology and psychological therapies - Devon Partnership NHS Trust



Multiple locations

Devon



Multiple see web link



Click to view website



Adult service



Psychological therapies including IAPT

Range of therapies offered including psychotherapy, trauma focussed therapies and art therapies



GP or other medical referral

## Refugee Support Devon



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



01392 682185



Click to view website



Adult service



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 ✓

# SOUTH WEST


## Dorset and Somerset

### CAMHS - Dorset Healthcare University NHS Foundation Trust

 Multiple locations  
 Dorset County Council

 Multiple see web link


  
[Click to view website](#)

 Children and Young People Service

**NHS**

 CAMHS

Offers assessment and treatment to children and young people aged up to 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

 01202 584120


  
[Click to view website](#)

 Adult service



**NHS**

 Psychological therapies including IAPT, Wellbeing activity or support groups

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

### Self management - Somerset Partnership NHS Foundation Trust


 Foundation House  
 Wellsprings Road  
 Taunton  
 TA2 7PQ  
 Somerset


 01823 368350

  
[Click to view website](#)

 Adult service

**NHS**

 The overall aim of the service is to help people with a mental health issue to take more control over their own wellbeing and recovery. It provides a recovery based self-management programme and peer support training for people who are care coordinated and referred by Somerset Partnership NHS Foundation Trust..

 GP or other medical referral



# SOUTH WEST

## Dorset and Somerset

### Steps2Wellbeing Southampton and Dorset - Dorset Healthcare University NHS Foundation Trust



Multiple locations

 Dorset County Council



Multiple see web link



[Click to view website](#)



Adult service



Psychological therapies including IAPT


Provide a range treatments for people aged 18 years and over experiencing problems with low mood/depression, anxiety, or stress including PTSD, who are registered with a GP in Dorset or Southampton. Support is provided via telephone, in groups, face to face or via the internet.



Self-referral, GP or other medical referral

### Talking Therapies - Somerset Partnership NHS Foundation Trust



Somerset Partnership NHS Foundation Trust. Foundation House, Wellsprings Road, Taunton TA2 7PQ  
 Somerset



0300 3230033



[Click to view website](#)



Adult service



Counselling, Psychological therapies including IAPT

Service for people who are 18 years and over, offering a variety of treatment approaches to meet a range of people's emotional needs. Staff are trained in effective psychological interventions, including: self-help, guided self help, psycho-educational courses and therapy groups. It also provides one to one therapy sessions, such as Cognitive Behavioural Therapy and Psychological Therapy.



GP or other medical referral, Self-referral

# SOUTH WEST

## 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



Click to view website



Children and Young  
People Service



Voluntary and Community



Wellbeing activity or support groups  
Art therapy group for young refugees in Bristol



Self-referral

Refugee/Migrant Specialist ✓

### Borderlands



Borderlands (South West) Ltd, The Assisi Centre, Lawfords  
Gate, Bristol  
BS5 0RE  
Bristol City Council



07718 598188



Click to view website



All age service



Voluntary and Community



Wellbeing activity or support groups, Drop-in/day  
services, Advocacy or improving access to MH services,  
Other (Please explain)

The organisation provides: drop-in services; arts and  
crafts, assistance with filling in forms; assistance with  
accessing health services; and one-to-one mentoring.



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

Refugee/Migrant Specialist ✓

### Bridges for Communities



The Power House, 88 Feeder Road, Bristol  
BS2 0TH  
Bristol City Council



See weblink



Click to view website



All age service



Voluntary and Community



The organisation runs the b.friend project, which provides  
asylum seekers and refugees with one-to-one support. It  
matches a volunteer with an asylum seeker or refugee  
for a period of up to one year, and equips them with  
the tools and support they need to meet regularly for  
companionship and support.



Self-referral

Refugee/Migrant Specialist ✓

# SOUTH WEST


## 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 7JX  
 Swindon, Wiltshire, Bath & NE Somerset

 01865 901000


 [Click to view website](#)

 Children and Young People Service

**NHS**


 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 Action for Refugees and Asylum Seekers


 111 Barton Street  
Gloucester  
GL1 4HR  
 Gloucestershire City Council / Gloucestershire County Council

 01452 550528


 [Click to view website](#)

 Adult service

 Voluntary and Community

 Counselling, Drop-in/day services


GARAS offers a trauma counselling service for refugees and asylum seekers living in Gloucestershire, as well as a drop-in centre, advocacy and advice services.

 Self-referral, Voluntary or community organisation, Social services

*Refugee/Migrant Specialist* ✓

### IAPT Services - Avon and Wiltshire Mental Health Partnership


 Multiple locations  
 Bath and North East Somerset; North Somerset; Bristol; South Gloucestershire; Wiltshire and Swindon

 Multiple see web link


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT

Range of therapeutic interventions across different localities to support people's differing emotional needs.

 Self-referral, GP or other medical referral

# SOUTH WEST

## Gloucestershire, Wiltshire, Bristol and Bath

### Kandu Arts



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



01249 444009



[Click to view website](#)



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

### Let's Talk Gloucestershire



Ambrose House, Meteor Court, Barnett Way, Barnwood,  
Gloucester,  
GL4 3GG  
Gloucestershire



0800 0732200



[Click to view website](#)



Adult service



Community-based mental health services, Counselling

The service offers talking therapies for people aged 18 and over in Gloucestershire and Herefordshire who are experiencing mild to moderate anxiety and/or depression. Interpreters are available.



Self-referral, GP or other medical referral

### Refugee Women of Bristol



Refugee Women of Bristol, Unit 42 Easton Business Centre,  
Felix Road, Easton, Bristol  
BS5 0HE  
Bristol City Council



0117 9415867



[Click to view website](#)



Adult service



Voluntary and Community



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

Provide refugee women with information and advocacy, mental wellbeing support, massage and nail care (provided by Red Cross), arts and crafts.



Self-referral, Voluntary or community organisation

Refugee/Migrant Specialist ✓

# SOUTH WEST

## 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

Refugee/Migrant Specialist ✓

### Trauma Foundation South West



Barrow Castle, Rushhil, Bath  
BA2 2QR  
Bath and North East Somerset Council



01225 444911



[Click to view website](#)



Adult service



Voluntary and Community



Psychological therapies including IAPT, Counselling

Provides individual psychotherapy and counselling for highly traumatised refugees and asylum seekers, and an art therapy group with a trained art therapist.





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


Refugee/Migrant Specialist ✓

# WEST MIDLANDS


## Birmingham, Solihull and Coventry

### Afro-British Support Services


 17, Stoney Lane,  
Birmingham  
B12 9DL  
 Birmingham City Council

 0121 6794564


  
Click to view website

 All age service

**NHS**



 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

**Refugee/Migrant Specialist** ✓

### Birmingham Healthy Minds - Birmingham and Solihull Mental Health NHS Foundation Trust

 Multiple locations  
 Birmingham City Council; Solihull

 0121 3012525


  
Click to view website

 Adult service

**NHS**

 Psychological therapies including IAPT, Drop-in/day services

Primary care psychological therapies service including walk-in centre. The service offers advice, information and brief psychological therapies for patients aged 16 years and over experiencing one or more mental health problems including depression (mild-moderate, moderate-severe); panic disorder, post-traumatic stress disorder and anxiety.

 Self-referral, GP or other medical referral

### Children's Society - Birmingham


 The Big Peg, 120 Vyse Street, The Jewellery Quarter,  
Birmingham  
B18 6NE  
 Birmingham City Council

 0121 2125599


  
Click to view website

 Children and Young People Service

  
Voluntary and Community

 Wellbeing activity or support groups, Befriending

'My Place' is a befriending service for young unaccompanied asylum seekers and refugees, up to the age of 21, in Birmingham.



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


**Refugee/Migrant Specialist** ✓

# WEST MIDLANDS


## Birmingham, Solihull and Coventry

### Children's Society - Coventry


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

 024 76230060

  
[Click to view website](#)

 All age service

  
Voluntary and Community



 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

**Refugee/Migrant Specialist** ✓

### Community Mental Health Teams - Birmingham and Solihull Mental Health NHS Foundation Trust


 Multiple locations  
 Birmingham City Council; Solihull

 0121 3014000


  
[Click to view website](#)

 Adult service



**NHS**

 Community-based mental health services

The service will provide assessment, specialist support, treatment and care planning for people (aged 25+ in Birmingham and 17+ in Solihull) with functional mental health problems such as depression and psychotic mental illness.

 GP or other medical referral

### Coventry Refugee & Migrant Centre


 Norton House, Bird St, Coventry  
CV1 5FX  
 Coventry City Council

 024 76227254


  
[Click to view website](#)

 Adult service

  
Voluntary and Community

 Counselling, Wellbeing activity or support groups, Specialist art therapy, Workplace wellbeing support

CRMC offers therapeutic services to refugees affected by trauma or torture. They offer specialist counselling, art therapy, information-education work and workplace wellbeing support.



 GP or other medical referral

**Refugee/Migrant Specialist** ✓

# WEST MIDLANDS


## Birmingham, Solihull and Coventry

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

 21 Digbeth, Birmingham  
B5 6BJ  
 Birmingham City Council

 0300 3000099


  
Click to view website

 Children and Young  
People Service



**NHS**


 CAMHS

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

 0121 3146825


  
Click to view website

 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 professional

Refugee/Migrant Specialist ✓

### Improving Access to Psychological Therapy (IAPT) - Coventry and Warwickshire Partnership NHS Trust


 2 Stoney Stanton Road, Coventry  
CV1 4FS  
 Coventry Council

 024 76671090


  
Click to view website

 Adult service

**NHS**

 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




# WEST MIDLANDS


## Birmingham, Solihull and Coventry

### Restore (Birmingham)


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

 0121 6614275


  
Click to view website

 Children and Young  
People Service

  
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 Council

 0300 2002021


  
Click to view website

 Children and Young  
People Service



**NHS**

 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

 0121 3012768


  
Click to view website

 Children and Young  
People Service

**NHS**

 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

# WEST MIDLANDS

## Birmingham, Solihull and Coventry

### Specialist Psychotherapies - Birmingham and Solihull Mental Health NHS Foundation Trust



Callum Lodge, 242 Lodge Road, Winson Green  
B18 5SJ  
📍 Birmingham City Council; Solihull



0121 3013800



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT, Wellbeing activity or support groups

The service provides a range of outpatient psychotherapeutic packages which focus on patients' (aged 25+ in Birmingham and 16+ in Solihull) understanding of their life experiences, history and relationships, delivered by a multidisciplinary specialist team. Service can help with anxiety, depression, and adjustment difficulties including cultural conflicts. Services available include individual and group psychodynamic psychotherapy and art psychotherapy.





GP or other medical referral

# WEST MIDLANDS

## Dudley, Sandwell, Walsall and Wolverhampton

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


 Multiple locations  
 Dudley Borough Council

 0800 9530404


 [Click to view website](#)

 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

### Hope Community Project


 Hope Community, 40 Ling House, Long Ley, Heath Town, Wolverhampton WV10 0HH  
 City of Wolverhampton Council

 01902 556645


 [Click to view website](#)

 All age service

 Voluntary and Community



 Wellbeing activity or support groups

A community project which provides a number of support groups and wellbeing activities including a lunch club; Petals of Hope, a twice weekly group for women (which involves arts activities, emotional support, self-esteem and confidence work); separate groups for boys, girls and younger children.

 Self-referral, Friends and family, Education, Social services

*Refugee/Migrant Specialist* ✓

### Migrant Empowerment Group

 52 Moathouse Lane East, Wednesfield, Wolverhampton WV11 3DD  
 City of Wolverhampton Council

 07713 156506


 [Click to view website](#)

 All age service

 Voluntary and Community

 Wellbeing activity or support groups

A weekly group for asylum seekers, refugees, migrants and their children designed to provide peer emotional and social support. Group also organises events, training and awareness raising workshops.



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


*Refugee/Migrant Specialist* ✓

# WEST MIDLANDS


## Dudley, Sandwell, Walsall and Wolverhampton

### Refugee and Migrant Centre Wolverhampton

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

 01902 311554


 [Click to view website](#)

 All age service

 Voluntary and Community

 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

*Refugee/Migrant Specialist* ✓

### Sandwell Specialist CAMHS - Black Country Partnership Mental Health Trust

 48 Lodge Road, West Bromwich  
B70 8NY  
 Sandwell MBC

 0121 6126620 or 0800 3894924


 [Click to view website](#)

 Children and Young People Service



**NHS**


 CAMHS

The service offers a range of therapies to children and young people with complex mental health problems, with support also offered to their families. Therapies include talking-based therapy; creative therapy and family therapy.

 GP or other medical referral, Education, Local authority

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


 Canalside  
Abbotts Street  
Bloxwich  
Walsall  
WS3 3AZ  
 Walsall Council


 01922 607400

 [Click to view website](#)

 Children and Young People Service

**NHS**

 CAMHS  
Assessment and treatment of moderate to severe mental health difficulties that children and young people (aged 0-17 years) experience.


 GP or other medical referral, Social services

# WEST MIDLANDS


## 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

 01384 324689

 [Click to view website](#)

 Children and Young People Service




 CAMHS  
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


 [Click to view website](#)

 All age service

 Voluntary and Community



 Befriending, Counselling, Wellbeing activity or support groups

Providing emotional and family support to women in times 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, girls self-esteem workshops, a student hub, cookery classes, every woman's chat group, and a mediation service.

 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  
 Walsall Council

 0800 9530995


 [Click to view website](#)

 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

# WEST MIDLANDS


## Dudley, Sandwell, Walsall and Wolverhampton

### Wolverhampton City of Sanctuary Drop-in Centre


 Westbury Street, Wolverhampton  
WV1 1JD  
 City of Wolverhampton Council

 wolvscofs@outlook.com

 [Click to view website](#)

 All 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

Refugee/Migrant Specialist ✓

### Wolverhampton Healthy Minds - Black Country Partnership Mental Health Trust


 44a Pond Lane, Wolverhampton  
WV2 1HG  
 Wolverhampton City Council


 0800 9230222 or 01902 441856

 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT  
Healthy Minds offers a range of talking therapies including Eye Movement Desensitisation Reprogramming (EMDR) for the treatment of PTSD, and a nurse-led wellbeing service for people with more complex mental health problems.

 Self-referral, GP or other medical referral

### Wolverhampton Specialist CAMHS - Black Country Partnership Mental Health Trust


  Wolverhampton City Council


 01902 444021

 [Click to view website](#)

 Children and Young People Service

**NHS**


 CAMHS  
The service offers a range of services for children, young people and families who are experiencing mental health problems. Each of our specialist services contain a multidisciplinary team that are able to provide a range of therapies and interventions to help service users plan a way forward that is individual to them.

 GP or other medical referral


# WEST MIDLANDS

## Herefordshire, Worcestershire and Warwickshire


### CAMHS - Worcestershire Health and Care NHS Trust

 Teams situated in Redditch, Kidderminster and Worcester.

 Worcestershire

 Multiple see web link


 [Click to view website](#)

 Children and Young People Service



**NHS**


 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

### CAMHS Herefordshire

 The Linden Child and Family Centre, Gaol Street, Hereford, HR1 2HU  
 Herefordshire

 01432 378940


 [Click to view website](#)

 Children and Young People Service



**NHS**

 CAMHS

CAMHS service provides specialist mental health services for children and young people from birth to their 18th birthday and their families/Carers.

 GP or other medical referral, Education, Social services

### Let's Talk Herefordshire


 Benet Building, Ruckhall Lane, Belmont, Hereford HR2 9RP  
 Herefordshire


 0800 0732200

 [Click to view website](#)

 Adult service

**NHS**

 Community-based mental health services, Counselling  
The service offers talking therapies for people aged 18 and over in Gloucestershire and Herefordshire who are experiencing mild to moderate anxiety and/or depression. Interpreters are available.

 Self-referral, GP or other medical referral

# WEST MIDLANDS

## Herefordshire, Worcestershire and Warwickshire

### Worcestershire Health and Care NHS Trust



Worcestershire Health and Care NHS Trust  
Isaac Maddox House  
Shrub Hill Road  
WR4 9RW  
Worcestershire



01905 760000



[Click to view website](#)



All age service

**NHS**



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

The Trust provides primary care mental health services, home treatment teams (Wyre Forest; Wychavon; Worcester and Malvern; Redditch and Bromsgrove), inpatient services and Child and Adolescent Mental Health Services.



GP or other medical referral

### Worcestershire Healthy Minds - Worcestershire Health and Care NHS Trust



Worcestershire Health and Care NHS Trust  
Isaac Maddox House  
Shrub Hill Road  
WR4 9RW  
Worcestershire



01905 766124



[Click to view website](#)



Adult service

**NHS**



Psychological therapies including IAPT

The service supports people aged 16 and over who are experiencing problems such as stress, anxiety, low mood and depression through a range of interventions such as short courses, online therapies, and guided self-help.



GP or other medical referral, Self-referral

Refugee/Migrant Specialist ✓




# WEST MIDLANDS


## Shropshire and Staffordshire

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

 Harplands Hospital  
Hilton Road  
Harfields  
Stoke-on-Trent  
ST4 6TH  
 Stoke-on-Trent and North Staffordshire

 0300 1230907 (Option 1)


 [Click to view website](#)

 All age service

**NHS**

 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

### Adult Health and Social Care Community Mental Health Teams- North Staffordshire Combined Healthcare NHS Trust


  Staffordshire

 0300 7900236


 [Click to view website](#)

 Adult service


**NHS**

 Community-based mental health services

The integrated Health and Social Care Community Mental Health Teams provide mental health and social care services to adults across North Staffordshire. The services provided are based upon a recovery orientated model. Assessment, treatment and care is provided through a process known as Care Coordination and each person using services will be appointed a Care Coordinator.

 GP or other medical referral

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

 The Redwoods Centre, Somersby Drive  
SY3 8DS  
 Shropshire

 0300 1240365


 [Click to view website](#)

 All age service

**NHS**

 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

# WEST MIDLANDS


## Shropshire and Staffordshire

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

 Saint Michael's Court, Trent Valley Road, Lichfield  
WS13 6EF  
 South Staffordshire

 0300 5555001


 [Click to view website](#)

 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

### African Social Health Agency, African Social Health Agency (ASHA) North Staffordshire


 19 Regents Rd, Stoke  
ST1 3BT  
 Stoke-on-Trent City Council

 01782 363122


 [Click to view website](#)

 All age service

 Voluntary and Community



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

The organisation provides wellbeing activities for refugees and asylum seekers including Saturday clubs for women and children, Saturday football in the park, summer holiday activities for children and outreach visits, and a Christmas event.

 GP or other medical referral

*Refugee/Migrant Specialist* ✓

### Asylum Seeker and Refugee Health Team- Staffordshire and Stoke On Trent Partnership NHS Trust


 Norfolk Street  
Shelton  
Stoke-on-Trent  
ST1 4PB  
 Stoke-on-Trent


 01782 222870

 [Click to view website](#)

 Adult service



 The Asylum Seeker and Refugee Health Team is responsible for introducing asylum seekers and refugees recently arrived into Stoke-on-Trent to NHS services. Working in partnership with GPs, people are assisted in registering with a nearby GP. They are subsequently invited for Tuberculosis (TB) and Mental Health screening. Patients who require further treatment are then referred to appropriate services in either primary or secondary care. The service also operates many Health Promotion activities in relation to emotional needs, sexual health and physical health, working in partnership with the Sexual Health Team.



 GP or other medical referral


*Refugee/Migrant Specialist* ✓

# WEST MIDLANDS

## 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  
ST1 4ND  
 Stoke-on-Trent

 0300 1230907 (option 4)


 [Click to view website](#)

 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

### Dragon Square Community Unit (Children and young people) - North Staffordshire Combined Healthcare NHS Trust

 Dragon Square Community Unit  
Dragon Square  
Chesterton  
Newcastle-under-Lyme  
ST5 7HL  
 Newcastle-under-Lyme

 01782 408354


 [Click to view website](#)

 Children and Young People Service


**NHS**


 CAMHS

Offer specialist mental health services to children and young people (up to 18 years) and their families.

 GP or other medical referral

### Healthy Minds Stoke-on-Trent IAPT Service- North Staffordshire Combined Healthcare NHS Trust


 Hope Centre  
Upper Huntbach Street  
Hanley  
Stoke-on-Trent  
ST1 2BX  
 Stoke-on-Trent

 0300 1230907 (option 2)


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT

The Healthy Minds Stoke-on-Trent improving access to psychological therapies (IAPT) service provides talking therapies and self-help courses for people with common mental health difficulties such as mild to moderate anxiety and depression.

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

# WEST MIDLANDS

## Shropshire and Staffordshire


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### North Staffordshire Wellbeing IAPT Service- North Staffordshire Combined Healthcare NHS Trust


 Earl House  
Miller Street  
Newcastle-under-Lyme  
Staffordshire  
ST5 1QJ  
 Staffordshire


 01782 711651

  
[Click to view website](#)

 Adult service



**NHS**

 Psychological therapies including IAPT  
North Staffordshire Wellbeing IAPT Service provides a range of recommended, evidence-based talking therapies for people who would like support for their mental health.

 GP or other medical referral, Self-referral

# 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

 [Click to view website](#)



 Adult service

**NHS**

 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

## Calderdale CAMHS South West Yorkshire Partnership NHS Foundation Trust


 The Laura Mitchell Health and Wellbeing Centre, Great Albion Street, Halifax  
HX1 1YR  
 Calderdale and Kirklees


 01422 262380

 [Click to view website](#)

 Children and Young People Service

**NHS**

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

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

## Calderdale Improving Access to Psychological Therapies (IAPT)- South West Yorkshire Partnership NHS Foundation Trust


 The Dales  
Calderdale Royal Hospital  
Huddersfield Road  
Halifax  
HX3 0PW  
 Calderdale

 01484 343700

 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT  
Calderdale Improving Access to Psychological Therapies (IAPT) helps people to get quick and easy access to the best type of therapy for their individual needs.

 GP or other medical referral, Local authority


# 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

 [Click to view website](#)

 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

## Kirklees Improving Access to Psychological Therapies (IAPT) - South West Yorkshire Partnership NHS Foundation Trust


 Folly Hall Mills  
St Thomas Road  
Huddersfield  
HD1 3LT  
 Kirklees


 01484 343700

 [Click to view website](#)



 Adult service

**NHS**

 Psychological therapies including IAPT  
Kirklees Improving Access to Psychological Therapies (IAPT) provides a choice of services for people experiencing common mental health problems, such as depression, stress, panic and obsessive compulsive disorder.

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

## St Augustines Centre


 Hanson Lane, Halifax  
HX1 5PG  
 Calderdale Metropolitan Borough Council


 01422 352492

 [Click to view website](#)

 All age service

 Voluntary and Community

 Wellbeing activity or support groups  
The Centre provides a range of social and wellbeing activities based on the 5 ways to wellbeing model, which encourage people to make connections to maintain healthy mental and physical wellbeing. Welcomes and supports new arrivals.


 Self-referral

**Refugee/Migrant Specialist** 


# 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


 01924 316950

 [Click to view website](#)

 Children and Young People Service




 CAMHS  
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

## Wakefield City of Sanctuary

 Wakefield District City of Sanctuary, c/o Quaker Meeting House, Thornhill Street  
WF1 1NQ  
Wakefield Metropolitan District Council

 07800 605397

 [Click to view website](#)

 All age service

 Voluntary and Community


 Wellbeing activity or support groups

Provide a range of wellbeing activities including a gardening project; and a weekly drop-in advice and signposting service, which can involve craft and games.

 Self-referral

*Refugee/Migrant Specialist* ✓

## Wakefield Single point of access- South West Yorkshire Partnership NHS Foundation Trust


 Drury Lane Health and Wellbeing Centre  
Drury Lane  
Wakefield  
WF1 2TE  
Wakefield


 01924 316900

 [Click to view website](#)

 Adult service






 Advocacy or improving access to mental health services  
The single point of access team in Wakefield acts a streamlined point of contact for all secondary mental health referrals in the area.

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


# YORKSHIRE AND THE HUMBER East Riding and North Lincolnshire

## CAMHS East Riding - Humber NHS Foundation Trust

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

 01482 303810

 [Click to view website](#)

 Children and Young People Service



**NHS**


 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

## CAMHS Hull - Humber NHS Foundation Trust

 Trust Headquarters  
Willerby Hill  
Beverley Road  
Willerby  
HU10 6ED  
 City of Hull

 01482 303688


 [Click to view website](#)

 Children and Young People Service

**NHS**

 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

## East Riding Emotional Wellbeing Service - Humber NHS Foundation Trust

 Hessele Grange  
11 Hull Road  
Hessele  
HU13 9LZ  
East Riding of Yorkshire

 01482 301701


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT, Counselling



Assessment and brokerage service to access IAPT services in the East Riding of Yorkshire, including access to Psychological Wellbeing Practitioners (offering low-intensity treatment), High Intensity Workers (CBT therapists, clinical psychologists, nurses, occupational therapists, nurses and psychotherapists) and counsellors


 Self-referral, GP or other medical referral



# YORKSHIRE AND THE HUMBER 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

 [Click to view website](#)

 Adult service


**NHS**


 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

## Humber NHS Foundation Trust


 Humber NHS Foundation Trust  
Trust Headquarters  
Willerby Hill  
Beverley Road  
Willerby  
HU10 6ED  
 City of Hull and East Riding of Yorkshire

 01482 301701

 [Click to view website](#)

 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

Humber NHS Foundation Trust provides a broad range of community and inpatient mental health services, community services (including therapies), learning disability services, healthy lifestyle support and addictions services to people living in Hull and the East Riding of Yorkshire.

 GP or other medical referral, Self-referral

## Humber Traumatic Stress Service - Humber NHS Foundation Trust


 Humber NHS Foundation Trust  
Trust Headquarters  
Willerby Hill  
Beverley Road  
Willerby  
HU10 6ED  
 City of Hull and East Riding of Yorkshire

 01482 301701


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT

The service offers specialist one-to-one assessment, formulation, understanding of difficulties and therapeutic intervention for people who have experienced psychological trauma through a multi-disciplinary team of professionals from clinical psychology, occupational therapy and specialist nursing.

 GP or other medical professional

# YORKSHIRE AND THE HUMBER

## East Riding and North Lincolnshire


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### Let's Talk - Depression and Anxiety Services Hull - City Health Care Partnership CIC


 Multiple locations  
 Hull City Council

 01482 247111


  
[Click to view website](#)

 Adult service

  
Independent

 Psychological therapies including IAPT

Service made up of different organisations working together to support people in Hull with mental health conditions. Includes Let's Talk Psychological Wellbeing Services which provide assessments, talking therapies for anxiety, stress and emotional problems and a Mental Health response service for more complex mental health issues.


 Self-referral, GP or other medical referral

# YORKSHIRE AND THE HUMBER


## Leeds and Bradford

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


 Miranda House  
Gladstone Street  
Anlaby Road  
Hull  
HU3 2RT  
 City of Hull and East Riding of Yorkshire

 01482 301701


 [Click to view website](#)

 Adult service



 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 1AB  
 Leeds City Council


 0113 2440606

 [Click to view website](#)

 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


 [Click to view website](#)

 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


Refugee/Migrant Specialist ✓

# YORKSHIRE AND THE HUMBER


## Leeds and Bradford

### Bevan House


 Dale Street, Bradford  
BD1 4HT  
 City 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


**Refugee/Migrant Specialist** ✓

### Black Health Initiative

 277 Chapeltown Road, Leeds  
LS7 3HA  
 Leeds City Council

 0113 3070300


 [Click to view website](#)

 All age service

 Voluntary and Community


 Counselling



Counselling Service providing a confidential services to African, African Caribbean, Dual Heritage and other minority ethnic adults and young people aged 13+. Its UKCP & BACP qualified counsellors/psychotherapists have expertise in dealing with culturally related issues. It also runs women's, men's and youth health groups, which include mental health/emotional wellbeing components.

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

**Refugee/Migrant Specialist** ✓


### Bradford Friendship Choir

 Freedom Studios, 7 Manor Row, Bradford  
BD1 4PB  
 City of Bradford Metropolitan District Council


 [bradfordfriendshipchoir@gmail.com](mailto:bradfordfriendshipchoir@gmail.com)  [Click to view website](#)

 Adult service

 Voluntary and Community

 Wellbeing activity or support groups

Weekly singing group for women refugees and asylum seekers, enabling them to experience the therapeutic power of music.



 Self-referral

**Refugee/Migrant Specialist** ✓

# YORKSHIRE AND THE HUMBER


## Leeds and Bradford

### CAMHS Bradford - Bradford District NHS Foundation Trust

 Fieldhead Business Centre, Bradford  
BD7 1LN  
 City of Bradford MDC

 01274 723241


 [Click to view website](#)

 Children and Young People Service



**NHS**

 CAMHS

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

### CAMHS Keighley- Bradford District NHS Foundation Trust

 Hillbrook Child and Adolescence Service  
BD20 6LD  
 City of Bradford MDC

 01535 661531


 [Click to view website](#)

 Children and Young People Service



**NHS**

 CAMHS

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

### Community Mental Health Services - Bradford District NHS Foundation Trust


 Single Point of Access  
AL10 8YE  
 City of Bradford MDC

 01274 221181


 [Click to view website](#)

 Adult service

**NHS**

 Community-based MH services



The service provides assessment, treatment and care for people with complex and enduring mental health problems who require specialist support. Staffed by multidisciplinary team involving doctors, community mental health nurses, social workers, occupational therapists, and psychological therapists.


 GP or other medical referral

# YORKSHIRE AND THE HUMBER


## Leeds and Bradford

### Freedom from Torture


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

 0113 8879502


 [Click to view website](#)

 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 torture. Wellbeing activities include gardening, music, creative writing and cookery.

 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  
 Leeds

 Multiple see web link


 [Click to view website](#)

 Adult service

**NHS**

 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  
 Leeds, York

 0300 3001485


 [Click to view website](#)

 All age service

**NHS**

 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 causes.


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

# YORKSHIRE AND THE HUMBER

## Leeds and Bradford

### Leeds Asylum Seekers Support Network


 4th Floor  
Oak House  
Park Lane, Leeds  
LS3 1E  
 Leeds City Council

 0113 3731759

  
Click to view website

 Adult service

  
Voluntary and Community



 Befriending

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-referral

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

  
Click to view website

 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, psycho-education 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 ✓

### Psychology and Psychotherapy Service - Leeds and York Partnership NHS Foundation Trust


 Multiple locations across Leeds  
 Leeds

 Multiple see web link


  
Click to view website

 Adult service

**NHS**

 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

# YORKSHIRE AND THE HUMBER


## Leeds and Bradford

### Refugee Action Bradford


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

 01274 924982

 [Click to view website](#)

 All age service

 Voluntary and Community



 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


**Refugee/Migrant Specialist** ✓

### Sharing Voices


 99 Maningham Lane Bradford  
BD1 3BN  
 City of Bradford Metropolitan District Council

 01274 731166


 [Click to view website](#)

 All age service

 Voluntary and Community

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

A Community Development mental health organisation that primarily works with Black Minority Ethnic Communities of Bradford. Community development workers provide individual emotional and spiritual support sessions for refugees and asylum seekers while The Refugees and Asylum Seekers Unit uses a co-counselling model, whereby refugees support refugees.

 Self-referral, GP or other medical referral

**Refugee/Migrant Specialist** ✓

### Solace


 Oak House  
Park Lane  
Leeds  
LS3 1EL  
 Leeds City Council

 0113 4878360


 [Click to view website](#)

 Adult service

 Voluntary and Community

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

Solace provides psychotherapy, complementary therapies and advocacy support to the survivors of persecution and exile living in the Yorkshire and Humber region.

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

**Refugee/Migrant Specialist** ✓



# YORKSHIRE AND THE HUMBER

## Leeds and Bradford

### The Marketplace

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



0113 2461659



[Click to view website](#)



Children and Young  
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 longer-term 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 family

*Refugee/Migrant Specialist* ✓

### Touchstone Leeds

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



0113 2718277 / 0113 2164143 (Punjabi)



[Click to view website](#)



Adult service



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.





Self-referral


*Refugee/Migrant Specialist* ✓

# 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


 [Click to view website](#)

 Adult service

 Voluntary and Community


 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

### IAPT Vale of York - Tees, Esk and Wear Valleys NHS Foundation Trust


 Huntington House  
Jockey Lane  
Huntington  
York  
YO32 9XW  
 York and Selby

 01904 556820


 [Click to view website](#)

 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

### Ripon City of Sanctuary

  Ripon

 01765 602071


 [Click to view website](#)

 All age service

 Voluntary and Community

 Wellbeing activity or support groups

Provides befriending, wellbeing activities (such as knitting and fishing, gardening) and social events.

 Voluntary or community organisation

**Refugee/Migrant Specialist** ✓

# YORKSHIRE AND THE HUMBER

## South Yorkshire

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



North Yorkshire



01423 790430



[Click to view website](#)



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



[Click to view website](#)



Children and Young People Service



CAMHS

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

### Doncaster Conversation Club



Quaker Meeting House, Oxford Place off St James Street,  
DN1 3SL  
Doncaster Metropolitan Borough Council



07505 854115



No website



All age service



Voluntary and Community



Wellbeing activity or support groups, Psychological therapies including IAPT

Provides a drop-in service for asylum seekers and refugees, including monthly IAPT sessions through connections with local services.



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

Refugee/Migrant Specialist ✓

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

 Emotional Wellbeing Service  
Netherthorpe House  
101 Netherthorpe Road  
Sheffield  
S3 7EZ  
 Sheffield

 0114 2263636


 [Click to view website](#)

 Adult service

**NHS**

 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

### Improving Access to Psychological Therapies (IAPT) Service - Sheffield Health and Social Care NHS Foundation Trust


 Sheffield Health and Social Care NHS Foundation Trust,  
Fulwood House, Old Fulwood Road, Sheffield  
S10 3TH  
 Sheffield

 0114 2264380


 [Click to view website](#)

 Adult service



**NHS**

 Psychological therapies including IAPT

The Improving Access to Psychological Therapies (IAPT) Service provides access to evidence-based psychological therapies for people suffering mild to moderate depression and anxiety or stress.

 GP or other medical referral, Self-referral

### Mental health access team - South West Yorkshire Partnership NHS Foundation Trust


 Rose Tree Avenue  
Cudworth  
Barnsley  
S72 8UA  
 Barnsley

 01226 644900


 [Click to view website](#)

 Adult service

**NHS**

 Psychological therapies including IAPT



The mental health access team aims to improve access to psychological therapy and recovery focussed treatment for people with mild to moderate anxiety and depression. The team ensures that people with common mental health conditions are offered evidence based treatments.


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

# 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

 0114 2718528


  
[Click to view website](#)

 Adult service

**NHS**


 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

  
[Click to view website](#)

 All age service



**NHS**

 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


  
[Click to view website](#)

 Adult service

**NHS**

 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