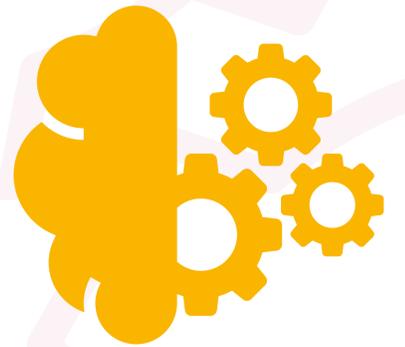
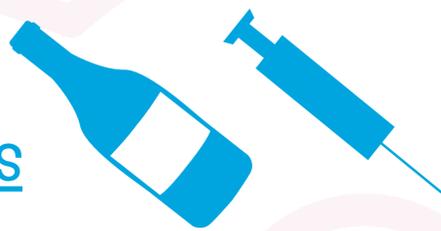


# Who needs a GP?

There are plenty of services you can refer yourself to, without seeing us....



# Addiction



## ARC (Addiction Recovery Community) Services

ARC can also help with drug/alcohol addiction recovery in Hounslow (Montague Hall) - for more info <https://www.cnwl.nhs.uk/service/addiction-recovery-community-arc-hounslow/>. Call [020 8538 1150](tel:02085381150), or email [arc.hounslow@nhs.net](mailto:arc.hounslow@nhs.net)

## Stop smoking - OneYou Hounslow

OneYou Hounslow runs drop in clinics at different locations around the borough. <https://www.oneyouthounslow.org/stop-smoking/>



## Adult learning disabilities

Adult Learning Disability health team

The team provides health and social care to adults who meet eligibility criteria and who live in the borough of Hounslow. The team includes: Social workers, community learning disability nursing, dieticians, physiotherapy, psychiatry, psychology, speech and language therapy, positive behaviour support and more. <https://www.hrch.nhs.uk/services/search-services/learning-disability-health-adults-hounslow>

## Nutrition and Exercise



### One You Hounslow

Hounslow's One You service can help you make simple changes that can increase your chances of a healthier life. Register for free 1 to 1 support and get access to a variety of free local services in Hounslow borough.

<https://www.oneyouthounslow.org/eat-well/>

### Green Gym

Fun and free outdoor exercise sessions where you'll be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. The emphasis is on health and fitness. Contact the group on [07806739266](tel:07806739266) or email [hounslowheathgg@outlook.com](mailto:hounslowheathgg@outlook.com).



# Mental Health services

## Hounslow IAPT

For help with mental health, you can refer yourself to the Hounslow Improving Access to Psychological Therapies (IAPT) service, which provides free talking therapy & employment support for people aged 18+ registered with a GP in Hounslow borough. IAPT offers a range of brief talking therapies - incl. for anxiety disorders and depression. <https://gateway.mayden.co.uk/referral-v2/069f5152-b5d9-46f1-8920-5a460e690753>

## Friends of Cathja

Friends of Cathja is a charity which provides an opportunity for people suffering with mental health problems to explore their creativity in a safe and supported environment. Call [0208 560 8360](tel:02085608360) or email [info@cathja.org](mailto:info@cathja.org)

## SWAP (Social Wellbeing and Prevention Team)

The SWAP team works to provide you with support from the community so that you can combat isolation, stay independent and stay mentally healthy. It runs Healthy Minds Drop-in sessions at times and places convenient to you. Refer yourself by calling [0208 583 3003](tel:02085833003) or email [Adultsocialcare@hounslow.gov.uk](mailto:Adultsocialcare@hounslow.gov.uk)

## Wellbeing Network

The Wellbeing Network is a place where you can connect with others and find out about valuable support networks. Look out for meetings, activities and classes in and around Hounslow that can help you connect with people locally - call [07710 760 687](tel:07710760687) or email [hello@wellbeing-network.org](mailto:hello@wellbeing-network.org)

# Other services



## Hounslow Domestic and Sexual Violence Outreach Service

Provides free and confidential advice and support to anyone affected by domestic and sexual violence living in the London Borough of Hounslow. This can include Forced Marriage, so called “Honour” Based Violence, Stalking and Harassment. Call the Independent Domestic Violence Advisors on 020 8247 6163 or the Independent Sexual Violence Advisor on 020 8247 6163 or 07775 540 642, in confidence, to discuss your options and practical ways to stay safe. Lines open Monday to Friday 8am to 4pm.

## Ante-natal services

As soon as you find out you are pregnant you can contact West Middlesex Hospital or Chelsea & Westminster hospital directly if you like, to talk about using their services. You can send them a self-referral form or ask your GP for a referral. Below is the self referral form for CW/West Mid, but indeed you can contact any hospital to ask about using its ante-natal services.

<https://www.chelwest.nhs.uk/services/maternity/self-refer-online/maternity-self-referral>

## Sleepio - for those having trouble sleeping

There's a free app you can use here... <https://www.sleepio.com>

## Termination of pregnancy

To refer yourself for a termination , call the Central Booking Service on 0345 365 0207 or 0845 300 8090

## Recovering after injury -Hounslow Community Recovery Service

The Hounslow Community Recovery Service can help you to recover after an illness, injury or health problem that changes your life - newly diagnosed or existing. It provides help with rehabilitation & reablement.

<https://www.careplace.org.uk/Services/8814>

## Families with young children - Home Start

Home-Start helps families with young children deal with whatever life throws at them. If you:

- are feeling lonely or isolated in your community, have no family nearby and are struggling to make friends.
- are finding it hard to cope if your child is ill or because you are ill.
- have been hit hard by the death of a loved one.
- are struggling with the emotional and physical demands of having a baby, young children, twins or triplets. under the age of 5 years
- need help preparing your child to start school

then contact [020 8577 9552](tel:02085779552) or [info@homestart-rkh.org.uk](mailto:info@homestart-rkh.org.uk)

You can also contact us through this link <https://hiyos.webgp.com> for help with a condition, general advice, administrative help or help for your child.

There are many ways to get support in all areas of your wellbeing - you may have heard of 'social prescribing' where a link worker can help you find the right people or organisations to support you, your family or carer to take control of your wellbeing, live independently and improve your health. Have a look for [here](#) for more information.

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