Let's Talk IAPT







Barnet Enfield Haringey

Problems we help with How we can help you Groups and Workshops Outreach and community work Resources FAQ's Contact us



Introductory text about resources outside of Let's Talk IAPT which are available onlne or in person including booklets, websites, groups etc etc....

Self Help Apps **Support Services National Support**



Came at a time when I was under a lot of pressure and vulnerable having just had a baby. I was having huge doubts and therapy helped me unpack the confused overwhelming feelings I was going through.

Local Support

URGENT HELP

MAKE A REFERRAL

Barnet, Enfield and Haringey Mental Health NHS Trust provides IAPT services for Barnet and Enfield. Haringey IAPT is provided by Whittington Health NHS Trust.



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URGENT HELP MAKE A REFERRAL

NHS



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Self Help

anxiety disorders from the websites below: www.good-thinking.uk/

You can access a range of self-help resources for depression and

https://web.ntw.nhs.uk/selfhelp/

www.moodjuice.scot.nhs.uk/Professional/pdfGuides.asp

The NHS Apps Library provides a list of digital tools to help you manage

Apps

and improve your mental health.

Other Support Services

Let's Talk IAPT is not an emergency service.

If you are hearing voices, or at risk of harming yourself or others, please call your GP or the 24 hour Crisis Resolution and Home Treatment

Team on 0300 0200 500. You can also call 999 or visit your local Accident & Emergency (A&E).

www.ageuk.org.uk Offers information and advice as well as

National Support organisations

SANDS - Still Birth and Neonatal Death

Charity

Age UK

social activities for all people over 50.

Cruse Bereavement Helpline www.cruse.org.uk

provides information on practical issues.

Cruse no longer see clients in the borough

of Sutton and Merton but these clients can still access support via the national helpline number. **Gamblers Anonymous** www.gamblersanonymous.org.uk Gamblers Anonymous is a fellowship of men and women who share their experience,

strength and hope with each other that they

may solve their common problem and help

National telephone Bereavement counselling

and support by trained volunteers. Also

others to do the same.

Gingerbread single parents, equal opportunities

www.gingerbread.org.uk The Gingerbread Single Parent Helpline provides support and expert advice on anything from dealing with a break-up to going back to work or sorting out child maintenance, benefit or tax credit issues. Our friendly advisers will talk through your

options and send you useful information.

www.kooth.com A free, safe and anonymous space for

young people to find online support and counselling. A range of features including interactive discussion boards, tools to help set goals and track and manage your mood as well as chat and messenger services. Men's Advice Line

violence from their partners or ex-partners,

offering emotional support, practical advice,

signposting and the chance to talk about

Provide information on a range of topics

www.mensadviceline.org.uk Confidential helpline for men who experience

Kooth

their experiences. Mind

www.mind.org.uk

including types of mental distress, getting help, treatments and advocacy. Able to provide details of help and support for people in their own area.

baby, and aims to improve the bereavement care received by parents and families.

Supports anyone affected by the death of a

The Samaritans

www.sands.org.uk

www.samaritans.org Samaritans provides confidential non-

judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which

Shout 85258

could lead to suicide.

www.giveusashout.org A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. By texting the word 'SHOUT' to 85258 you will start a conversation with a

trained Shout Volunteer, who will text you

back and forth, sharing only what you feel comfortable with.

Social Anxiety UK www.social-anxiety.org.uk Social Anxiety UK is a volunteer-led organisation for people with social anxiety problems and their supporters. It offers chat rooms, discussions and self help groups across the country.

Confidential 24 hour helpline offering

www.womensaid.org.uk

Women's Aid

Young Minds

emergency support and crisis planning to women, children and their supporters by providing advice and information, finding emergency safe accommodation or referring to local outreach domestic violence services. Run in partnership with women's aid and

refuge. Website provides information on

Provides a telephone helpline service to

domestic abuse and a directory of services.

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a baby. I was having huge doubts and

www.youngminds.org.uk

parents with a concern about their child's emotional problems or behaviour.



Barnet

Local Support organisations

based services and activities that focus on improving your wellbeing, including: wellbeing and community groups (e.g. Tai

you need. We do this through Social

Barnet Wellbeing Service

www.barnetwellbeing.org.uk

The Barnet Wellbeing Service is a starting

Prescribing, connecting you to community

point that can connect you with the services

Chi, Yoga, Arts and Crafts, etc.), advocacy as well as housing and employment support. **Sangam Centre** www.sangamcentre.org.uk Sangam provides low-cost domestic violence and emotional wellbeing counselling as well as free welfare and immigration advice. Sangam is a thriving multi-purpose community centre that provides a wide range of services, programmes and activities to meet, support and nurture the mental,

perinatal health coaching, work experience in the office and trips and outings for families.

www.homestartbarnet.org/

themselves – visit families in their

Our trained volunteers – usually parents

homes and provide informal, friendly and

barnetcarers.org/

We offer advice, information, emotional and practical support for all informal carers who live or work in the London Borough of Barnet. We provide carers assessments, activities, counselling, training, help with form filling, outings and a lot more.

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emotional and physical needs of our

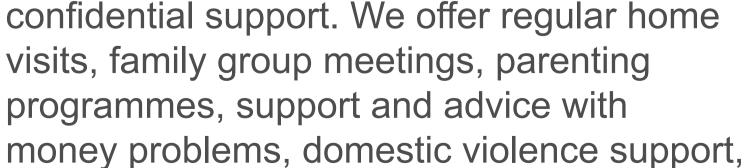


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URGENT HELP

communities.





Home Start





