

Early Help provides support to babies, children, young people and their families at an early stage to prevent difficulties from escalating, at any point in a child's life from early years through to entry into adulthood.

Hounslow's Early Help offer

A collection of services to support children and families



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Pre-birth and 0-5

Service	Description	Contact details
Antenatal Infant feeding Workshops (NHS)	Antenatal breastfeeding workshops aim to help mothers more confident about breastfeeding and understand how to prevent and solve common breastfeeding difficulties.	T: 020 8321 5006 W: Feeding and nurturing your baby — Chelsea and Westminster Hospital NHS Foundation Trust
Birth Preparation and Antenatal Classes (NHS)	A range of live online classes to help mothers prepare for their baby's birth. A full list of free classes can be found on the website.	W: https://www.chelwest.nhs.uk/services/maternity/antenatal-education/birth-preparation-classes
Birth Registration (LBH)	Birth Registration service allows parents to register a Birth.	T: 020 8583 2090 W: Register a birth Register a birth London Borough of Hounslow A: Hounslow Register Office Feltham Lodge 38-40 Harlington Road West Feltham TW14 0JJ
Children Centres	There are 10 Children's Centre's across Hounslow within the 3 locality areas (Central, East and West) for children 0-5. Alongside our fun playgroups we also support families with, Advice, information and support, helping families to prepare for nursery or school, supporting healthy lifestyles, Parenting support groups/courses, Support in returning to work and Meeting other families in the local community.	W: https://fsd.hounslow.gov.uk/SynergyWeb/CC_New_CC_Home.aspx

<p>Family Hubs</p>	<p>Family Hubs are a friendly and safe environment for babies, children, young people, parents and carers to access support and services they need to build thriving lives. They provide a single point of contact for families with children aged 0-19, or up to 25 years old if they have special educational needs and disabilities (SEND)</p>	<p>W: https://fsd.hounslow.gov.uk/SynergyWeb/Family_Hubs/</p> <p>Family Hubs West T: 020 8583 3922 E: familyhub@hounslow.gov.uk A: Alf King, Family Hub West, 7 Hanworth Road, Feltham, TW13 5AF Map Link</p> <p>Family Help Central T: 020 8583 5720 E: familyhub@hounslow.gov.uk A: Lampton Family Hub Central, Neville Close, Hounslow, TW3 4JG Map Link</p> <p>Family Hub East T: 020 8583 5760 Email: familyhub@hounslow.gov.uk A: Brentford Family Hub East, North Road, Brentford, TW8 0BJ Map Link</p>
<p>Family Planning and Pre-conception (NHS)</p>	<p>Free and confidential advice and support on all aspects of family planning and sexual health.</p>	<p>T: 020 8321 5718 W: www.hounslow.gov.uk/sexualhealth</p> <p>A: Isleworth - West Middlesex Hospital, Twickenham House TW7 6AF Hounslow - Heart of Hounslow, 92 Bath Road TW3 3EL</p>

		Feltham - Feltham Centre for Health, TW13 4GU
Health Visiting – Antenatal Check (NHS)	The Health Visiting Service supports families with a new baby or child under five-years-old by offering advice and guidance.	T: 020 8973 3490 E: hrch.hvadminhub@nhs.net W: https://healthiertogether.westlondon.nhs.uk/parents/carers/Feeding-nurturing/Antenatal-Visits
Home start Hounslow	<p>Home-Start is a local charity which can offer compassionate and confidential support to families with children under 5. They support parents as they learn to cope, improve their confidence and build better lives for their children. The benefits of the support include improved health and wellbeing and better family relationships.</p> <p>Families could benefit from Home-Start’s help if they are:</p> <p>feeling lonely or isolated in your community, have no family nearby and are struggling to make friends.</p> <p>finding it hard to cope if your child is ill or because you are ill.</p> <p>have been hit hard by the death of a loved one.</p> <p>struggling with the emotional and physical demands of having a baby, young children, twins or triplets. under the age of 5 years</p>	T: 020 8487 8500 Email - info@homestart-rkh.org.uk W: https://homestart-rkh.org.uk/
Maternal Early Childhood Sustained Home-visiting (MECSH) programme	MECSH is an enhanced Health Visiting Programme that provides professional support to families as their child grows and develops. MECSH starts during pregnancy and can continue until a child’s second birthday. This home visiting programme helps families identify and plan for their own needs, their child’s needs and those of the wider family. MECSH	T: 020 8973 3490 E: hrch.hvadminhub@nhs.net

	<p>focuses on building aspirations and supporting parents to anticipate and nurture their child's development through the 'Learning to Communicate' programme and 'Promoting First Relationships' resources. The MECSH programme is available to families who are identified suitable, including young parents.</p> <p>This service is by referral only</p>	
Maternity Services (NHS)	<p>Range of care covering perinatal, antenatal, and postnatal support.</p>	<p>W: Maternity services — Chelsea and Westminster Hospital NHS Foundation Trust A: Queen Mary Maternity Unit West Middlesex University Hospital, Chelsea and Westminster NHS Foundation Trust, Twickenham Road, Isleworth TW7 6AF</p>
NCT birth and beyond community support	<p>Support for mothers who are socially isolated, suffering from mild mental health issues or low wellbeing. We offer a 1:1 support by other mothers in the community who are donating their time to provide emotional support, encouragement, help you to access other services and accompany you to baby groups or appointments. We also run a weekly group support so the women we are supporting.</p>	<p>Referrals can be made by health professionals, another source of support, family/friends or by the mother herself.</p> <p>W: https://www.nct.org.uk/about-us/community-support-programmes/birth-and-beyond-community-support-bbcs</p>
Parent and Infant Relationship Service (PAIRS)	<p>Who Are We? We are a small, friendly team who specialise in working with babies and parents across Hounslow. We are able to work with you from your home, the Family Hubs or in our baby groups. Our work is to support you and your baby and strengthen that bond.</p> <p>What We Do</p>	<p>E: familyhub@hounslow.gov.uk https://fsd.hounslow.gov.uk/SynergyWeb/Family_Hubs/</p> <p>Family Hubs West T: 020 8583 3922 E: familyhub@hounslow.gov.uk</p>

	<ul style="list-style-type: none"> • We will greet you warmly and make you feel welcome at our groups • We will encourage you to notice and observe your baby and follow their lead • We will help you to make friends and meet other parents with babies... we know it takes a village to raise a baby! • We will help you support your baby's development through play with sensory toys, using nurturing touch, or through songs and rhyme time. • We will wonder together with you about what your baby might be thinking and feeling 	<p>A: Alf King, Family Hub West, 7 Hanworth Road, Feltham, TW13 5AF Map Link</p> <p>Family Help Central T: 020 8583 5720 E: familyhub@hounslow.gov.uk A: Lampton Family Hub Central, Neville Close, Hounslow, TW3 4JG Map Link</p> <p>Family Hub East T: 020 8583 5760 E: familyhub@hounslow.gov.uk A: Brentford Family Hub East, North Road, Brentford, TW8 0BJ Map Link</p>
<p>Speech and language therapy</p>	<p>Our Speech and Language Therapy (SaLT) service provides support to babies, children and young people (BCYP) with their:</p> <ul style="list-style-type: none"> • Swallowing and safe eating and drinking • Understanding and use of language • Social interaction and communication • Speech and voice • Stammer • Selective mutism or speaking anxiety 	<p>T: 020 8973 3480 E: hrch.childrens-therapies@nhs.net W: Children's Therapy Services Heart of Hounslow Centre for Health 92 Bath Road Hounslow TW3 3EL</p>

Young people

Service	Description	Contact details
<p>Adolescent Support and Prevention Team</p>	<p>The Adolescent Support and Prevention Team (ASAP) works with young people within the ages of 11 to 18 years old and their families who require targeted intervention, often at a difficult time in their lives, to help them to achieve a better outcome.</p> <p>Young people presenting or referred to the service may be at risk of involvement in anti-social and offending behaviour, have negative peer relationships, be involved with substance misuse, experiencing difficult transitions, be at risk of exploitation from others or exploiting others, or experiencing difficulties in home environment, or at school.</p> <p>This service is by referral only</p>	<p>T: 020 8583 6600</p> <p>To make a referral please submit an online referral below.</p> <p>W:</p> <p>Parents/Carers: https://www.hounslow.gov.uk/info/20075/child_protection/2516/parents_carers_and_guardians</p> <p>Professionals: https://www.hounslow.gov.uk/info/20075/child_protection/2517/professionals_who_work_with_children</p>
<p>BeeZee bodies</p>	<p>BeeZee Families is a completely free for Hounslow residents, it is an award-winning healthy lifestyles programme for 5–15-year-olds and their families.</p> <p>Why Join BeeZee Families?</p> <ul style="list-style-type: none"> • Healthy lifestyle changes that will make your whole family feel healthier and happier • Discover delicious and nutritious meals that everyone will love • Our expert nutritionists are always on hand to answer your questions and solve your problems • Meet other families and work together as a team to support each other on your healthy journeys 	<p>W: https://healthyhounslow.co.uk/weight-management-beezee-families/</p>

	<ul style="list-style-type: none"> • It's fun! Weight management and behaviour change sounds boring, but it really doesn't have to be :) <p>What will we be doing?</p> <ul style="list-style-type: none"> • Fun healthy eating sessions: You will learn how to cook healthy family meals, join in with fun healthy eating sessions and get to try tasty snacks! • Loads of exciting activities: We play loads of fun games and activities like trampolining, dodgeball, badminton and more! • Making healthy habits: Being healthy doesn't mean eating boring stuff – we help you discover what's right for you and your family in a realistic and achievable way. 	
Connexions	For young people aged 16-19 and those aged 16-25 with an education, health and care plan (EHCP). Support for getting into education, training, employment, or an apprenticeship.	T: 020 8583 5151 E: connexions@hounslow.gov.uk W: https://www.hounslow.gov.uk/homepage/292/connexions
Family Hubs	Family Hubs are a friendly and safe environment for babies, children, young people, parents and carers to access support and services they need to build thriving lives. They provide a single point of contact for families with children aged 0-19, or up to 25 years old if they have special educational needs and disabilities (SEND)	W: https://fsd.hounslow.gov.uk/SynergyWeb/Family_Hubs/ Family Hubs West T: 020 8583 3922 E: familyhub@hounslow.gov.uk A: Alf King, Family Hub West, 7 Hanworth Road, Feltham, TW13 5AF Map Link Family Help Central

		<p>T: 020 8583 5720 E: familyhub@hounslow.gov.uk A: Lampton Family Hub Central, Neville Close, Hounslow, TW3 4JG Map Link</p> <p>Family Hub East T: 020 8583 5760 E: familyhub@hounslow.gov.uk A: Brentford Family Hub East, North Road, Brentford, TW8 0BJ Map Link</p>
Girls on the Spectrum (GOS)	<p>Girls on the Spectrum (GOS) is a community founded by volunteer mums with neurodiverse daughters. GOS provides a safe, inclusive, and supportive environment where neurodiverse girls aged 13-16 can connect, grow in confidence and celebrate their individuality. This group is specifically for girls diagnosed or on the pathway to diagnosis with ASD or ADHD, attending mainstream schools who receive SEN Support.</p> <p>Referrals are accepted from local secondary schools, social prescribers and Family Navigators. For more information, please contact Jennie Tweedy</p>	<p>E: Jennie.tweedy@reachfoundation.org.uk</p>
Hounslow Asian and African Youth Association (HAAYA)	<p>HAAYA offers diverse programs fostering community well-being, from education to sports. Addressing challenges like NEET to EET transition, racial tensions and health concerns.</p>	<p>T: 020 8569 6350 E: info@haaya.com W: https://haaya.com/ A: Haaya Centre, 41A Ivy Road, Hounslow TW3 2DH</p>
Hounslow Youth Counselling	<p>HYCS offer a free, 1-2-1 counselling service just for young people. Our service is confidential and anyone aged 11-25 who lives, works or studies in the Borough of Hounslow can self-refer to our service.</p>	<p>T: 020 8568 1818 SMS 0778 4481 308 E: ask@hycscounselling.co.uk</p>

Hounslow sexual health service	A sexual health service for young people up to 24 years old in the London Borough of Hounslow. Providing non-judgemental support and help you to feel confident in yourself, sexual health, and relationships.	W: younghounslowrse@turning-point.co.uk
HYPE	HYPE is a free and confidential service for young people resident, or in education in Hounslow. You can also self-refer to the service by phone or e-mail. A health or social care professional can make a referral on your behalf. This service works with young people under the age of 18 whose lives are affected by drugs and alcohol, including young people who have been affected by the negative experience of parental substance misuse. The service sees young people in a variety of settings.	T: 018955 488 675 E: cnw-tr.hype@nhs.net W: Overview - Hype (Hounslow Young People Engaged) - NHS
Youth clubs	There are various youth clubs across Hounslow to engage young people in activities.	W: https://fsd.hounslow.gov.uk/SynergyWeb/Youth_Clubs.aspx
Youth Outreach Drop-in Sessions	Youth Outreach Drop-in Sessions are available at Brentford and Alf King Feltham Family Hubs. The dedicated Adolescent Support and Prevention Team will be actively engaging with young people in these local areas, using the Family Hubs as a base to provide advice and informal mentoring. While the team may not always be present at the centre, they will be nearby and ready to return to meet with residents and young people. Occasionally, they will also run activities designed to foster community spirit and personal growth. Contact details will be clearly signposted on the doors/gates for to keep young people up to date on where to meet.	If you have any questions, please contact: Charlie Waterhouse Adolescent and Community Outreach Worker Adolescent Support Team Mobile: T: 07779996855 E: charlie.waterhouse@hounslow.gov.uk
Sexual health clinics	Young people aged 13 to 18 are welcome to drop in anytime during opening hours. You can get information and advice, sexual health screening and treatment, contraception and emergency contraception.	Sexual Health advisors T: 020 8321 5675 020 8321 6831 020 8321 2566

		<p>A: Twickenham House (TW7 6AF) each Monday 2pm-4pm</p> <p>Feltham Centre for Health (TW13 4GU) each Wednesday 4–6pm Heart of Hounslow (TW3 3EL) each Friday 2–4pm</p>
<p>The Hanworth Centre Hub</p>	<p>The Hanworth Centre Hub is a collection of community organisations who deliver a variety of services and projects with the goals to create a more connected and safer community.</p> <p>Perfectly Imperfect provides Community Led approaches to reduce violence and create Peace offers and supports the delivery of a variety of programmes to help meet the varying needs of members of the community.</p> <p>MyEnds - Creating Change: We have been commissioned to deliver violence reduction work to reduce ASB and violence in Feltham and Hounslow. Our services, which are youth led, address local needs and foster positive relationships. We are working with those affected by violence and running services to divert young people away from crime and ASB. We are providing support, resources, and information to residents, as well as addressing community concerns and promoting community cohesion.</p> <p>Services; Outreach, mentoring, 1-1 and group fitness/boxing sessions, schools intervention, staff training, therapeutic support, family support, tailored services for those not in mainstream education.</p> <p>VAWG - Girl Group Weekly Sessions:</p>	<p>E: perfectlyimperfecthch@gmail.com W: https://thehanworthcentrehub.org.uk/ A: The Hanworth Centre, 64 Hounslow Rd, Hanworth, Feltham TW13 6QQ</p>

	<p>Weekly sessions specifically tailored for girls, providing a safe and supportive environment to discuss topics relevant to their lives, build self-esteem, and foster positive relationships and stop violence against women and girls. Services: Group discussions, activities, and workshops focusing on topics such as self-care, relationships, confidence building, and personal development</p> <p>EVOLVE - SEMH Alternative Provision: We provide specialised support for young people with Social, Emotional, and Mental Health (SEMH) needs, offering alternative provision to mainstream education. The SEMH Programme is dedicated to supporting young people in overcoming social, emotional, and mental health challenges, empowering them to lead fulfilling and meaningful lives within their communities. Through a holistic and person-centered approach, the programme strives to foster resilience, promote well-being, and facilitate positive social connections for all participants. Services: Tailored education, therapeutic interventions, fitness sessions and individualised support to foster emotional well-being and academic progress.</p>	
<p>Young Carers support service</p>	<p>Young people under 18 years, who are looking after or supporting someone at home who have an:</p> <ul style="list-style-type: none"> • illness • disability, • substance dependency • mental health issues. <p>The Young Carers Project provides information and advice, fun activities in school holidays, weekly youth clubs, school support and one-to-one support. The project is a chance for the young carers to have a break from their caring role and to meet other young carers who are in a similar situation.</p>	<p>T: 0208 326 7030 E: ksobczak@brentfordfcst.com W: https://www.brentfordfcst.com/en/young-carers</p>

	We aim to make each club a place where young carers can have fun and support each other in a safe environment.	
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Parenting support

Service	Description	Contact details
1,2,3 Magic	<p>A programme for parents and carers of children aged 2 - 12 years who display challenging behaviour or diagnosed with ADHD. Offering parents and carers support and easy to follow steps to immediately manage challenging behaviour with reason, patience and compassion.</p> <p>The programme provides simple tools for: Controlling / managing unacceptable behaviour (e.g. testing and manipulative behaviour such as whining, badgering, physical attacks, swearing, aggression) Encouraging positive behaviour (morning and bedtime routines, eating meals, household chores, cleaning up after themselves) Strengthening the child - parent relationship (and building your child's self-esteem).</p>	<p>T: 020 8583 6600</p> <p>E: FFISgroupprograms@hounslow.gov.uk</p> <p>W: https://fsd.hounslow.gov.uk/SynergyWeb/Familysupport-ParentingCourses.aspx</p>
Action Isleworth Mothers	<p>Action Isleworth's Mothers (AIM) Hounslow Parent Carer Champion Network is a bespoke support service run by parents with relevant, lived experience for all parents in London Borough of Hounslow.</p>	<p>T: 07881 552678</p> <p>W: actionisleworthmothers.com</p>

	<p>They provide a safe and confidential space for parent/carers to receive one to one, non-judgemental support in response to their experience of youth violence and its related issues.</p> <p>Issues can include exploitation, fear of harm, the negative impact of exclusions or incarceration, negative behaviour, violence in the home, adverse childhood trauma.</p> <p>AIM further provides advocate support enabling a bridge between parent/carers and school/statutory services when they are feeling overwhelmed and don't know where to turn. AIM offer one to one and group sessions, bi monthly coffee mornings and virtual drop in, awareness/prevention & non violent resistance strategy for parents in schools. They offer help and hope because they have been there too.</p>	
Baby Café' – Children Centres	<p>A drop-in session, run by an NCT Breastfeeding Counsellor offering support, encouragement, and reliable information. Whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding. Please arrive early in the session.</p>	<p>W: https://fsd.hounslow.gov.uk/SynergyWeb/CC_New_CC_Home.aspx</p>
Caring Dad's group	<p>Caring Dad's is a group programme aiming to help fathers, of any age, improve their relationship with their children. It helps dads learn how to spend time with children in healthy ways, and to understand the impact on children of controlling, abusive and neglectful actions, which include witnessing domestic violence.</p>	<p>W: Caring Dads — C4F CIC</p>
Family Help Service	<p>Family Help Service The Family Help Team comprises Social Workers and Family Support Practitioners that provide targeted Early Help Services to families. The team works with families of children aged 0 to 17 years who have multiple and complex needs.</p> <p>The aim of the service is to:</p>	<p>T: 020 8583 6600 W: https://www.hounslow.gov.uk/xfp/form/491</p>

	<ul style="list-style-type: none"> • improve the quality of relationships in the home • promote confident parenting skills • support families to engage with specialist services when needed <p>You can refer yourself to this service by completing an online portal referral here: Hounslow Children's Portal</p> <p>This service is by referral only to Hounslow's Children's Services Front Door</p>	
<p>Family Hubs</p>	<p>Family Hubs offer a range of services for parenting support for children and young people 0-19 and can support families to access services within the borough through the team of family navigators.</p>	<p>W: https://fsd.hounslow.gov.uk/SynergyWeb/Family_Hubs/</p> <p>Family Hubs West T: 020 8583 3922 E: familyhub@hounslow.gov.uk A: Alf King, Family Hub West, 7 Hanworth Road, Feltham, TW13 5AF Map Link</p> <p>Family Help Central T: 020 8583 5720 E: familyhub@hounslow.gov.uk A: Lampton Family Hub Central, Neville Close, Hounslow, TW3 4JG Map Link</p> <p>Family Hub East T: 020 8583 5760 Email: familyhub@hounslow.gov.uk A: Brentford Family Hub East, North Road, Brentford, TW8 0BJ Map Link</p>

		https://fsd.hounslow.gov.uk/SynergyWeb/Family_Hubs/
Maternal Early Childhood Sustained Home-visiting (MECSH) programme	<p>MECSH is an enhanced Health Visiting Programme that provides professional support to families as their child grows and develops. MECSH starts during pregnancy and can continue until a child's second birthday. This home visiting programme helps families identify and plan for their own needs, their child's needs and those of the wider family. MECSH focuses on building aspirations and supporting parents to anticipate and nurture their child's development through the 'Learning to Communicate' programme and 'Promoting First Relationships' resources. The MECSH programme is available to families who are identified suitable, including young parents.</p> <p>This service is by referral only</p>	<p>T: 020 8973 3490 E: hrch.hvadminhub@nhs.net</p>
Parents and Infant Relationship Service (PAIRS)	<p>Who Are We? We are a small, friendly team who specialise in working with babies and parents across Hounslow. We are able to work with you from your home, the Family Hubs or in our baby groups. Our work is to support you and your baby and strengthen that bond.</p> <p>What We Do</p> <ul style="list-style-type: none"> • We will greet you warmly and make you feel welcome at our groups • We will encourage you to notice and observe your baby and follow their lead • We will help you to make friends and meet other parents with babies... we know it takes a village to raise a baby! 	<p>E: familyhub@hounslow.gov.uk</p> <p>W: https://fsd.hounslow.gov.uk/SynergyWeb/Family_Hubs/</p>

	<ul style="list-style-type: none"> We will help you support your baby's development through play with sensory toys, using nurturing touch, or through songs and rhyme time. We will wonder together with you about what your baby might be thinking and feeling 	
Parenting support for SEND	The Local Offer website has a suite of resources to support parents of children and young people with SEND needs.	W: Courses and workshops for parents and carers London Borough of Hounslow
Stay and Play – Children Centres	A fun, stimulating and safe environment for parents and children to take part in together.	W: https://fsd.hounslow.gov.uk/SynergyWeb/CC_New_CC_Home.aspx
Solihull Approach	Solihull Approach free online courses for Hounslow residents Nurturing emotional health and wellbeing from bump to 19+ years. Please visit www.inourplace.co.uk and follow the simple registration process, inputting the access code LBHPARENTS.	W: www.inourplace.co.uk and follow the simple registration process, inputting the access code LBHPARENTS.
Stronger relationships	<p>A 6-week online course for parents focusing on strengthening relationships. Do you want to get some new ideas to help you be an even better parent ? Would you like to reduce the arguments and disagreements in your family and cope better with stress? Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children? How about learning at a time that suits you?</p> <p>Topics Covered</p> <ul style="list-style-type: none"> • Healthy adult relationships • Identifying and managing disagreements <p>Understanding how conflict affects your children</p> <ul style="list-style-type: none"> • Enhancing parent-child relationships • Managing stress, anger and emotions <p>Strategies to resolve conflict and create</p>	<p>Scan QR code on leaflet or email</p> <p>E: sfscparent@racefound.org.uk</p>

	a parenting agreement	
Surviving your Adolescence	<p>A parenting programme for parents of children aged 13-18 years exhibiting frequent challenging behaviour both in and out of the home. Increasing the parents' and carers' ability to communicate with their young people and to reduce the risks that the young people face.</p> <p>Learn how to manage and understand teen risk-taking. Discuss problems to let go of as a parent Consider how your relationship affects your teen's safety ·Be introduced to an array of services which can offer further support. Feel empowered to engage with your teenager. For more information and course dates, email Family Support</p>	<p>T: 20 8583 6600</p> <p>E: FFISgroupprograms@hounslow.gov.uk</p> <p>W: https://fsd.hounslow.gov.uk/SynergyWeb/Familysupport-ParentingCourses.aspx</p>
Triple P Baby	<p>Whether you're pregnant or your baby is already here, Triple P for Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It's a toolbox of proven, positive strategies with a variety of practical ways to promote your baby's development, build a stronger bond and support their emotional and physical health. Families need to commit to attending all 4 sessions.</p>	<p>To book please email: E: familyhub@hounslow.gov.uk</p>

Mental Health

Service	Description	Contact details
Bereavement (young people)	<p>Hope Again - A website designed for young people by young people. Where young people can learn from other young people, how to cope with grief and feel less alone.</p> <p>Grief Talk - A free helpline from Grief Encounter providing instant, confidential advice and support for bereaved children and young people. Service also available via online chat and email.</p> <p>Winston's Wish - Supporting bereaved children and young people up to the age of 18 through a whole range of activities, including a helpline, online chat service, group work, residential events and resources.</p>	<p>W: https://www.hopeagain.org.uk/</p> <p>T: 0808 802 0111</p> <p>W: https://winstonswish.org/</p>
Chat Health	<p>Chat Health is a secure and confidential text messaging service for all 11 to 19 year olds. It allows you to anonymously get in touch with your school nurse and ask for support and advice to do with mental health and wellbeing, relationships, healthy eating and sexual health. Responses within 24 hours weekdays from 9am to 4:30pm (inclusive of school holidays).</p>	<p>T: TEXT 07507 333176</p>
Child and Adolescent Mental Health Service	<p>CAMHS – Hounslow Child and Adolescent Mental Health Services (CAMHS) help children and young people up to 17 years of age with mental health problems. Hounslow CAMHS is made up of several teams. Each team specialises in helping</p>	<p>T:0208 483 2050 E: wlm-tr.hounslowcamhs@nhs.net</p>

	<p>children and young people of different ages or with different kinds of mental health problem.</p> <p>What is community CAMHS (CCAMHS)? Hounslow CCAMHS (previously known as ‘Tier 2 CAMHS’) is for children between 0 and 17 years of age who live in Hounslow. Most of the children we see are of school age. We assess and treat children with mild to moderate mental health problems. We provide a wide range of brief interventions, including mental health assessments, psychological therapies, family and systemic interventions/therapies, and a variety of group work interventions with parents or children and young people.</p> <p>Who is in the team? The people who work in Hounslow CCAMHS come from a number of professional backgrounds:</p> <ul style="list-style-type: none"> • Family Therapy • Clinical Psychology • Social Work • Child Wellbeing Practitioners • Administration 	
<p>Cocoon Kids</p>	<p>Cocoon Kids CIC is a not-for-profit Community Interest Company which provides Creative Counselling and Play Therapy for children and young people aged 3-19 years old, as well as family, infant and sibling support in Hounslow for disadvantaged families for free or at a low cost.</p>	<p>W: https://www.cocoonkids.org.uk/ E: ctcocoonkids@gmail.com</p>
<p>Healthy Hounslow</p>	<p>Helps residents create healthier, happier futures. Healthy Hounslow Is a comprehensive health service dedicated to improving the well-being of residents in the London Borough of Hounslow.</p> <p>At Healthy Hounslow, we believe that a healthy lifestyle is essential for leading a happy and fulfilling life, and we are committed to providing our clients with the support they need to achieve their health goals.</p>	<p>T: 0204 559 8200 E: hello@healthyhounslow.co.uk</p>

	<p>Our services range from helping individuals quit smoking and manage their weight, to encouraging regular physical activity and offering health checks to identify potential health risks.</p> <p>Our team and partners are dedicated to providing personalised care to each client, helping them to make positive lifestyle changes that will have a lasting impact on their health and well-being.</p> <p>The services and support offered by Healthy Hounslow are:</p> <ul style="list-style-type: none"> • Smoking Cessation • Health & Wellbeing Coaching • Healthy Weight Management • Exercise on Referral • Cook & Eat sessions <p>Community NHS Health Checks</p>	
<p>Hounslow Bereavement and End of Life Support Service</p>	<p>Hounslow Bereavement and End of Life Support Service is delivered by The Mulberry Centre.</p> <p>The centre can provide support to anyone living or working in Hounslow who has experienced bereavement for any reason, not only those affected by cancer.</p> <p>They are also able to offer help and support to people receiving care in the last phase of life, as well as their loved ones. The Mulberry Centre works hard to ensure that people who are given an end-of-life diagnosis can live independently for as long as possible.</p> <p>Who it's for</p> <p>The services are for anyone in the London Borough of Hounslow who:</p> <ul style="list-style-type: none"> • has experienced bereavement for any reason • has a chronic illness and requires end of life care • is supporting someone who is receiving end of life care <p>A person is deemed to be receiving end of life care if their life expectancy is less than 12 months.</p>	<p>T:020 8321 6300 E: talk@themulberrycentre.co.uk</p>

<p>Hounslow Mental Health support Team (Schools)</p>	<p>Hounslow was one of the initial trailblazer sites which began setting up mental health support teams in January 2019. There are now three teams (West, Central, and East) each working with schools in the corresponding Hounslow early help areas.</p> <p>The team consisted of mainly education wellbeing practitioners, trained to provide brief, evidence-based support based on Cognitive Behaviour Therapy (CBT) principles.</p> <p>We offer individual tailored support programmes for young people in secondary schools and support for parents and carers of primary school aged children.</p> <p>We also organise workshops and groups throughout the year to promote mental wellbeing and provide strategies for emerging difficulties.</p> <p>Primary schools</p> <p>We offer up to eight one-to-one sessions of guided self-help, which is based on cognitive behavioural therapy (CBT) principles. We provide this to parents and carers of primary school children who are demonstrating mild to moderate difficulties with anxiety or behaviour.</p> <p>Secondary schools</p> <p>We offer two one-to-one tailored support programmes: one for anxiety or worries and one for low mood.</p> <p>We also organise a variety of workshops and groups throughout the year on a range topics.</p>	<p>To refer a young person, please contact your local mental health support team:</p> <p>E: Hounslow West: wlm-tr.hounslowmhstwest@nhs.net E: Hounslow Central: wlm-tr.hounslowmhstcentral@nhs.net E: Hounslow East: wlm-tr.hounslowmhsteast@nhs.net</p>
<p>Hounslow talking therapies (West London NHS Trust)</p>	<p>Hounslow talking therapies (formerly Hounslow IAPT) provide psychological therapies for people over 18 who have a GP or live in the London Borough of Hounslow. We help you with common problems like stress, anxiety, and depression. This service is provided free of charge by the NHS.</p>	<p>T: 0300 123 0739 E: wlm-tr.talkingtherapies.hounslow@nhs.net</p>
<p>Hounslow Wellbeing Network</p>	<p>The Hounslow Wellbeing Network is a social network that connects people, organisations and services to help reduce stigma and mental illness.</p>	<p>T: 07466 736718 E: hello@wellbeinghounslow.co.uk</p>

	<p>We welcome those who are experiencing difficult times and those on a journey of personal recovery. Our aim is to combat social isolation, loneliness, depression and anxiety and improve the health and wellbeing of local residents.</p> <p>We're a social network, co-produced and co-designed by Hounslow residents, and is made up of local people, friends, families, carers and professionals living and working in the borough.</p>	
Hounslow Youth Counselling	<p>HYCS offer a free, 1-2-1 counselling service just for young people. Our service is confidential and anyone aged 11-25 who lives, works or studies in the Borough of Hounslow can self-refer to our service.</p>	<p>T: 020 8568 1818 SMS: 0778 4481 308 E: ask@hycscounselling.co.uk</p>
Kooth	<p>Free, safe and anonymous support for young people.</p> <p>We're here for you Our team of mental health professionals is here to support you. You can talk to us about whatever's on your mind. We offer:</p> <ul style="list-style-type: none"> • Free, anonymous support: our chat service is free, and you don't even have to give your name. • Real people, not bots: the professionals you speak with in our chat service are real people who want to listen to you. • A safe space to talk: the Kooth chat service is a safe space for support accredited by the British Association for Counselling and Psychology (BACP). 	<p>Kooth app W:https://www.kooth.com/</p>
Mental Wellbeing support	<p>Hounslow Connect has a dedicated page of information and services to support with mental wellbeing.</p>	<p>W: https://hounslowconnect.com/categories/mental-wellbeing</p>
Speak CAMHS helpline	<p>A helpline for young people in Hounslow who are concerned about their mental health.</p>	<p>T:0800 328 4444</p>

	<p>The helpline is open:</p> <ul style="list-style-type: none"> Monday to Friday from 8am to 11pm 	
The Wellbeing & Recovery College	<p>The Wellbeing & Recovery College is a training and resource centre which develops and delivers education and tools to support wellbeing and the self-management of mental health difficulties.</p> <p>We work with you either to support you in your recovery or to help you support someone for whom you care.</p> <p>Our wide range of courses are free and open to those using the Trust's mental health services, staff, carers, families and supporters. They are also available to local authorities and partner organisations.</p> <p>We offer a wide range of courses that are designed to give people a better understanding of mental health issues and to develop their life skills. Courses vary from one-off workshops to 10 session programmes.</p>	<p>T: 020 8483 1456 E: wlt.bookings.recoverycollege@nhs.net A: The Wellbeing & Recovery College Underwood House 1A Thomas Layton Way Brentford TW8 0SB</p>
Wellbeing hub for women and girls	<p>Every Friday, local charity Shewise hosts a wellbeing hub for women and girls in Feltham Library. It's a safe and welcoming space for women to learn more about their physical, mental and emotional health.</p> <p>Throughout the year, a range of different health topics will be explored, such as understanding neurodiversity, managing your wellbeing, healthy eating and more.</p>	<p>T: 03331881505</p>

Substance Misuse

Addiction Recovery Community (ARC)	<p>ARC Hounslow is a free and confidential service for people who live in the London Borough of Hounslow to support with substance misuse and helps to break the cycle of addiction.</p>	<p>T: 01895 488675 E: cnw-tr.archounslow@nhs.net</p>
HYPE	<p>HYPE is a free and confidential service for young people resident, or in education in Hounslow. You can also self-refer to the service by phone or e-mail. A health or social care professional can make a referral on your behalf. This service works with young people under the age of 18 whose lives are affected by drugs and alcohol, including young people who have been affected by the negative experience of parental substance misuse. The service sees young people in a variety of settings.</p>	<p>T: 018955 488 675 E: cnw-tr.hype@nhs.net</p>
Outreach Alcohol Support & Intervention Service (OASIS)	<p>What is this service? Whether you're concerned about your own or someone else's drinking OASIS provides a free and confidential service so that you don't have to work it out alone.</p> <p>WHAT WE OFFER</p> <ul style="list-style-type: none"> • A universal screening tool to help assess your level of drinking • Advice and Information around alcohol use • A full comprehensive assessment and treatment plan • One-to-One Support • Group Work • Link into the main stream service for community detoxification and aftercare 	<p>T: 01895488675 E: cnwtr.archounslow@nhs.net W: cnwl.nhs.uk</p>

Domestic Abuse

<p>Hounslow Domestic & Sexual Abuse Team</p>	<p>Provides free and confidential advice and support to anyone affected by domestic and sexual violence abuse living in the London Borough of Hounslow. This can include Forced Marriage, so called “Honour” Based Violence Abuse, Stalking and Harassment.</p> <p>Open Monday to Friday 9am to 5pm</p>	<p>T: 07810 031 780 E: domesticabusesupport@hounslow.gov.uk</p>
<p>Hounslow One Stop Shop</p>	<p>The One Stop Shop provides free, confidential, support and advice for anyone living in Hounslow experiencing domestic and sexual violence or other forms of Violence Against Women and Girls.</p> <p>The following advice and information can be obtained for the following:</p> <ul style="list-style-type: none"> • Advocacy, advice and safety & options from Domestic Violence specialists • Support for children • Family law protection orders • Immigration law • Benefits • Housing • Covid advice • Employment and much more. 	<p>T: 07810 031 780 (Monday to Friday 9-5pm) or you can attend in person at the Hounslow One Stop Shop. A: Holy Trinity Church Hounslow, 6 High Street Hounslow TW3 1HG No appointment needed. Open every Wednesday from 10am - 12pm.</p>
<p>Children Affected by Domestic Abuse Programme</p>	<p>The Children affected by Domestic Abuse programme offers each school access to a designated Parent and Child Domestic Abuse Worker (PCDAWs).</p> <p>The PCDAWs are specialist in supporting children affected by domestic abuse, they’re part of the Domestic and Sexual abuse team . The support provided is independent and available to all school-aged children in Hounslow, regardless of whether they are receiving support from children’s social care. Our Parent and Child Domestic Abuse Workers offer support and guidance regarding domestic and sexual abuse. They respond to Operation</p>	<p>E : DomesticAbuseSupport@hounslow.gov.uk Please email for more information or to request a referral form.</p>

	<p>Encompass notifications, meet with non-abusive parents and their children to assess their needs and arrange support. Deliver weekly tailored therapeutic sessions to primary and secondary school children. Work with other professionals to ensure that the non-abusive parent and their children are receiving support. Provide domestic abuse training to professionals in schools and other education settings.</p> <p>Our Pre-School Parent and Child Domestic Abuse Worker supports the non-abusive parent directly and offers appropriate support for pre-school children. They can also provide case advice and domestic abuse training to childcare providers.</p> <p>Let's Talk is a free 11-week structured therapeutic group programme for children, young people and mothers affected by domestic violence. In the children and young people's group, the facilitators help children share their experiences in a safe, fun and confidential environment. Programme activities include art, stories, discussion, role play and videos to enable children to express their feelings. Topics covered in the sessions include feelings, anger, safety planning, children's experiences of violence, problem solving, staying safe from sexual abuse, dealing with family changes and self-esteem. The mother's group offers a safe, supportive and confidential environment to help women to communicate with their children about their experiences, while building up their own support network with women who have had similar experiences. Let's Talk is for families where the perpetrating adults no longer resides in the family home.</p>	
<p>SheWise</p>	<p>Domestic Abuse Support Line</p> <ul style="list-style-type: none"> • Women can access our services through self-referral or agency-referral • We provide free and confidential advice, support, guidance and counselling. • Our trained bilingual staff and volunteers provide one-to-one support and information. 	<p>T: 0333 1881 505 E: info@shewise.org</p>

	Visit the SheWise website for more information.	
Southall Black Sisters	Provides free, confidential information advice and support to Black, Asian and Minority Ethnic women experiencing domestic abuse and other forms of Violence Against Women and Girls.	T: 020 8571 9595 E: info@southallblacksisters.co.uk or through their online contact form

Finances and Community services

Family Community Work Coaches	<p>Offer support to families, build trusted relationships with families to understand their unique challenges and barriers to employment. Support families in navigating and accessing DWP support, including Child Maintenance.</p> <p>Ambika and Nim are the designated FCW for Hounslow</p>	<p>E: ambika.balagopalan@hounslow.gov.uk nim.jadav@hounslow.gov.uk</p> <p>T: 07796 026969 (Ambika) 07825 297612I (Nim)</p>
Family Navigators	<p>Our Family Navigators, based in Family Hubs, provide essential guidance and connections between families and support services across a range of areas. They also assist professionals in directing families to the right services.</p>	<p>E: familyhub@hounslow.gov.uk Email to book an appointment with a Family navigator.</p> <p>Family Navigators are available for meetings at the following times and locations:</p> <ul style="list-style-type: none"> Monday: 15:00 - 17:00 at Brentford Family Hub, TW8 0BJ Tuesday: 10:00 - 12:00 at Brentford Family Hub, TW8 0BJ

		<ul style="list-style-type: none"> • Thursday: 10:00 - 12:00 at Lampton Family Hub, TW3 4JG • Friday: 10:00 - 12:00 at Alf King Family Hub, Feltham TW13 5AF
Hounslow Community Hubs	Hounslow’s Community Hubs offer free, friendly support on housing, health, employment, digital skills, and more. Located across the borough, they connect residents with local services, activities, and advice—all in one place. Whether you need help or want to get involved, the hubs are here for everyone.	<p>All contact details for each hub, can be found here</p> <p>Brentford Community Hubs W: Brentford Community Hubs Hounslow Connect</p> <p>Cranford Community Hubs W: Cranford Community Hubs Hounslow Connect</p> <p>Feltham Community Hubs W: Feltham Community Hubs Hounslow Connect</p> <p>Hounslow Community Hubs W: Hounslow Community Hubs Hounslow Connect</p>
Hounslow Connect	<p>Hounslow Connect is an online information, advice and guidance hub which links people in Hounslow quickly and easily to the local support that you need.</p> <p>We have brought together all of the services that are provided by Hounslow Council, our voluntary and community groups and our health partners onto this single platform, so that you can easily find what is right for you, when and where you need it.</p>	<p>W: https://hounslowconnect.com/about</p>

	Hounslow Connect is for everyone to use and our goal is to make sure that this is where Hounslow residents can find the services they need, helping our communities to remain happy, healthy and connected.	
Hounslow Family Services Directory	<p>The Family Services Directory is an online version of the Family Information Service where users can find information at their convenience.</p> <p>The purpose of the directory is to provide listings of:</p> <ul style="list-style-type: none"> • local services, • National services, • Ofsted registered childcare • Information and activities for children and young people in Hounslow. 	<p>W :</p> <p>https://fsd.hounslow.gov.uk/Synergy Web/</p>