

Mental health support and wellbeing

Andy's Man Club

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups. Weekly in-person peer support groups for men 18+.

**30 Blacks Road,
Hammersmith, W6 9DT**
andysmanclub.co.uk

The Listening Place

Face-to-face support in H&F for those struggling with suicidal thoughts. Walk in or call.

020 3906 7676
listeningplace.org.uk

Mind (Hammersmith & Fulham)

Offers emergency support for many mental health concerns, including depression and anxiety.

020 8571 7454
hfehmind.org.uk

Samaritans

If you are going through a difficult time, you can call and a Samaritan will listen to you and help you talk through your concerns, worries and troubles. 24/7, every day.

freephone: 116 123
samaritans.org



NHS Talking Therapies

A range of free talking therapies for H&F residents 18+.

194 Hammersmith Road, W6 7DJ
0300 123 1156
westlondon.nhs.uk/handf-talking-therapies

Rethink Mental Illness

Working to make sure everyone severely affected by mental illness has a good quality of life.

0121 522 7007
rethink.org

Active Minds

Free wellbeing activity sessions for H&F residents (18+), fully inclusive and dementia-friendly, encouraging creativity, conversation and physical activity.

lbhf.gov.uk/active-minds

West London NHS Trust

The West London Trust single point of access phone line is open 24 hours a day, 7 days a week, 365 days a year. They have a range of mental health services listed online.

0800 328 4444
18001 0800 328 4444
(for typetalk support)
westlondon.nhs.uk/our-services/adult/mental-health-services

Public health services on offer

The health and wellbeing of residents is a top priority of H&F Council. Visit our webpage to find information on children's health, how to protect your health, mental health support and sexual health services.

lbhf.gov.uk/health-and-care/public-health

Waythrough

Offers workshops, employment support, sign posting and more. This service is available to registered individuals in primary care and secondary mental health care. It also welcomes self-referrals.

0330 008 3808

waythrough.org.uk

GamCare

A group of organisations providing free, confidential and personalised support for those experiencing harm from gambling.

gamcare.org.uk

Wellbeing and Recovery College

A training and resource centre which develops and delivers tools to support wellbeing and self-management of mental health difficulties.

020 8483 1456

westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college

Wellbeing West London

Resource to find groups and services in your local area.

wellbeingwestlondon.org.uk

Managing Our Mental

A not-for-profit dedicated to improving Mental Health through community projects.

managingourmental.org.uk

Let's talk

Reach out to us if you're feeling low, there are services that can offer advice and assistance.

lbhf.gov.uk/reach-out

