



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

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



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

