



Support Services for Parents/Carers

Service	Contact Information	Support Offered	Location
iCope (Islington & Camden Psychological Therapies Service)	www.iCope.nhs.uk 020 3317 7252	<ul style="list-style-type: none"> • Support for anxiety and depression • Counselling and psychotherapy • Online and telephone therapy • Support for parents/carers • Couples therapy • Workshops and groups • Mindfulness and self-help 	GP surgeries and community settings
NHS Urgent Mental Health Helpline	0800 917 3333 *call 999 if imminent risk to life	Urgent mental health support and assessment	Hospitals and Crisis Centres
Mental Health Support by Text	Text 'SHOUT' to 85258 (free)	Anonymous text support	
Solace Women's Aid	www.solacewomensaid.org 0800 802 5565 advice@solacewomensaid.org	Free and confidential advice for women affected by abuse Support with: <ul style="list-style-type: none"> • accommodation • Therapy • Safety • Legal 	
Solace Rape Crisis Helpline	www.solacewomensaid.org	Free and anonymous advice	

	0808 8010305 rapecrisis@solacewomensaid.org	to women and girls (13+) who have experience any form of sexual violence, including: child sexual abuse, recent and non-recent rape, sexual assault, sexual harassment, women involved in prostitution, trafficking and female genital mutilation	
Refuge	0808 2000 247 www.refuge.org.uk	Support for women and children experiencing or having experienced domestic abuse	
Samaritans	www.samaritans.org 116 123 (free) jo@samaritans.org	Free and anonymous advice for anyone experiencing mental health difficulties	
Islington Foodbank	07753222755 info@islington.foodbank.org.uk www.islington.foodbank.org.uk	Emergency food for people in crisis *referral required	Highbury Roundhouse Youth and Community Centre, 71 Ronalds Road, London, N5 1XB
Shelter	0808 800 4444 www.shelter.org.uk Homelessness emergency: 03445151540	Support with housing emergencies and homelessness.	
CALM Zone (Campaign Against Living Miserably)	0800 58 58 58 www.calmzone.net	Information and support for people experiencing low mood, depression and other mental health difficulties	
Counselling Directory	www.counselling-directory.org.uk	A directory of registered therapists offering private therapy (face to face and online). Fees	

		apply (usually £45-£75 per hour - many offer low cost slots)	
British Association for Counselling and Psychotherapy (BACP)	www.bacp.co.uk	General information on counselling and psychotherapy. A directory of registered therapists offering private therapy (face to face and online). Fees apply (usually £45-£75 per hour - many offer low cost slots).	

Apps

(Available from Apple Store or Google Play)

App	Support Offered
#StayAlive	The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
Calm Urge	Calm Urge provides activities to help resist the urge to self-harm.
Bright Sky	Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. The app is also available to use in Polish, Punjabi and Urdu.
Headspace	Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.
Calm	Mindfulness app to tackle stress and anxiety. Useful for sleep, meditation and relaxation.

Moodfit	Supports reducing stress and improving the fitness of mental health.