

Health & Wellbeing Information & Support for Staff & Volunteers.

We Are Islington – Council run telephone support line Monday – Friday 9-5. Phone **020 7527 8222**

Islington Crisis Team – Self-referral for clients who have used the service previously. Phone **020 3317 6333**

Samaritans – Freephone: **116 123**

Suicide Prevention - <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/ncl-suicide-prevention-and-bereavement-support-service/>

Domestic Violence Support

Refuge – Phone lines open 24 hours a day. Freephone: **0808 2000 247**

Rape Crisis – Phone lines open 12.00-2.30pm and 7.00-9.30pm every day of the year. Freephone: **0808 802 9999**

Respect Men's Advice Line. Freephone: **0808 801 0327**

Women's Aid – One-to-one support and online forum

Respect – Telephone support for perpetrators of DV. Freephone: **0808 802 4040**

Bereavement support.

Islington iCOPE

Camden City Islington Westminster Bereavement Service You can also contact them by phone **Tel: 020 7284 0090.**

Islington Bereavement Service can offer support and a listening ear for up to ten weeks. They will match you with a trained and experienced volunteer who will support you. You must live in Islington or be registered with an Islington GP.

Other local sources of support and bereavement counselling include:

The Stress Project low cost therapies and counselling

CARIS bereavement counselling for adults

Nafsiyat can offer Islington residents psychological support and therapy, from therapists who work across different cultures and languages, delivering therapy in more than 20 languages.

Maya Centre offers culturally sensitive, low cost counselling and talking therapies for women.

SLOW Group support for bereaved parents

Jewish Bereavement Counselling Service bereavement support and counselling for Jewish people

CRUSE support, advice and information for children, young people and adults

Befriending

Holloway Neighbourhood Group 0207 607 9794 <http://www.hng.org.uk/>
Manor Gardens - <https://manorgardenscentre.org/our-services/friendship-network/>

Carers Support

Age UK Islington - <https://www.ageuk.org.uk/islington/our-services/carers/>

Mental Health Foundation - Provides information to support you with Mental Health tips, working from home, parenting during this time, loneliness, random acts of kindness and so much more.
<https://www.mentalhealth.org.uk/coronavirus>

Good Thinking - Provides information and support about Stress, sleep problems, anxiety and low mood.
<https://www.good-thinking.uk/>

[Mental Health Forum](#) – Forums for people experiencing mental health problems, categorised by condition,

[CALM](#) – Telephone and webchat for people feeling suicidal, open 5pm – midnight all year round.
Phone **0800 58 58 58**

[Mental Health Foundation](#) – Advice on staying mentally well during the lockdown

[Sleepio](#) – Online sleep improvement programme

[Mind \(National\)](#) – Information and signposting service open Monday to Friday 9am-6pm.
Phone **0300 123 3393**

[Happiful](#) – Advice on staying mentally well during the lockdown

[Centre for Mindfulness](#) – Mindfulness resources. Videos, poetry.

[Certitude London](#) – Out-of-hours peer support for people with MH, LDs and Autism.
Freephone: **0300 123 1922**

[NHS Apps library](#) – NHS-approved apps and online tools to help you manage your health and wellbeing

[Rethink Mental Illness](#) – National charity offering information, advice and support to those suffering from mental ill-health

[Free Psychotherapy Network](#) – Online support groups for people who are isolated

[Talk for Health](#) – Peer-support online groups via telephone, computer or tablet.
Email info@talkforhealth.co.uk or phone **020 3409 3201**

Islington@alzheimers.org.uk Islington Alzheimer's Society – Phone 0333 1503456 or email