

Mental Health Support and Referral Information

This list is NOT exhaustive. Individuals or organisations must decide for themselves which service is appropriate for them. CareTrade and Employment Autism are not liable or responsible for any referral streams.

The Listening Place

- Website: [The Listening Place](#)
- Services: Face-to-face support for those who feel life is no longer worth living.
- Appointment: By appointment only; not a drop-in centre.
- Referral: Fill in an online form or call. Can be done with a support worker.
- Location: Head Office (Main postal address)
 - Unit 1 Cambridge Court,
 - 210 Shepherds Bush Road
 - London, W6 7NJ

Caravan Drop-in Counselling Service

- Services: Counselling and emotional support with volunteer therapists.
- In-Person Service: Available at the little green caravan in the courtyard of St. James's Church, Piccadilly.
- Phone Counselling Service: Accessible for all.
- How to Access: Drop-in for in-person service, no appointment needed. Phone counselling available.
- Location: St. James's Church, 197 Piccadilly, London W1J 9LL

SANEline

- Contact: 0300 304 7000
 - Hours: 4.30 pm-10.30 pm every day
 - Support: For those experiencing a mental health problem or supporting someone else.
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National Suicide Prevention Helpline UK

- Contact: 0800 689 5652
- Hours: 6 pm-midnight every day
- Support: Offers a supportive listening service to anyone with thoughts of suicide.

Campaign Against Living Miserably (CALM)

- Contact: 0800 58 58 58
- Hours: 5 pm-midnight every day
- Alternative: CALM webchat service available.
- Support: Provides assistance for those struggling and in need of someone to talk to.

Shout

- Text: SHOUT to 85258
- Support: 24/7 confidential text service for immediate help during a crisis.

The Mix (For individuals under 25)

- Contact: 0808 808 4994
- Hours: 3 pm-midnight every day
- Support: Helpline, email, and crisis text messenger service available.

Papyrus HOPELINEUK (For individuals under 35)

- Contact: 0800 068 4141
 - Text: 07786 209 697
 - Support: 24/7 support for those struggling with suicidal feelings or concerned about a young person.
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The Spark Counselling Helpline

- Call: 0808 802 2088
- Hours: 10am to 7pm, Monday to Friday
- Support: Free support for mental health, emotions, or relationship problems.

Mencap (Learning Disability Helpline)

- Contact: 0808 808 1111, or email helpline@mencap.org.uk
- Hours: 10am to 3pm, Monday to Friday
- Website: mencap.org.uk
- Support: Information and advice for people with a learning disability, their families, and carers.

Respond

- Contact: 0207 383 0700
- Website: respond.org.uk
- Support: Services for people with learning disabilities or autism who have experienced abuse or trauma.

Access to Work Mental Health Support Service

- Website: [Mental Health at Work - Access to Work](#)
- Additional Information: [Able Futures - Access to Work Mental Health Support Service](#). Referral: [ATW Max](#)

Good Thinking

- An intuitive, easy-to-use online service providing tools and information for mental well-being.
 - Free to everyone with a London postcode.
 - [Good Thinking website](#)
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Kooth

- Online counselling and emotional well-being platform for children and young people.
- Accessible through mobile, tablet, and desktop.
- Free at the point of use.
- [Kooth website](#)

Helplines

- **Mind - Helpline: 0300 123 3393**
 - Open 9 am to 6 pm, Monday to Friday
 - **Samaritans - Helpline: 116 123**
 - Open 24 hours a day, 7 days a week
 - **NHS Mental Health - Freephone: 0800 328 4444**
 - Open 24 hours a day, 7 days a week
 - Call our 24 hour helpline Freephone 0800 328 4444 for help or advice in a crisis from our trained mental health advisers and clinicians, 24 hours a day, 7 days a week, 365 days a year.
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