

WELL BEING



Mind allows you to speak in confidence on a wide range of mental health issues. Their Activity Centre is also a place to go for company and mutual support.

Gain referral by your doctor, social worker, or by self-referral and by family.

Call **0208 571 7454**, email info@mind-eh.org.uk, or visit www.mind-eh.org.uk

EALING IAPT

Ealing IAPT offers support for common mental health problems such as depression, anxiety, or panic for people in Ealing.

www.ealingiapt.nhs.uk/how-to-get-help/referyourself or call **020 3313 5660**. If you require emergency help please call **0300 1234 244** anytime.



Hestia supports victims of modern slavery, women & children experiencing abuse, young care leavers, and older people.

They support during your crisis, and as you go on to rebuild your life.

They also specialise in art therapy, yoga, IT, gardening and cooking.

Call **020 7378 3100**, email info@hestia.org, or visit www.hestia.org

RISE

RISE is a treatment and recovery service for those experiencing difficulties with drug or alcohol use.

They offer drop in services, 1:1 sessions, access to counselling, group work, as well as other services.

Visit them at **99-103 The Broadway, W13 9BP**
Call **0800 195 8100 24/7**, or visit www.ealingrise.org.uk

OTHER USEFUL WEBSITES

www.w.cafamily.org
Supports families of disabled children

www.w.citizenstrust.org.uk
Helps ex-offenders back into employment

www.w.ealingsas.org.uk
Local specialist for age related or specialist needs

www.w.ealinglawcentre.org.uk
Free legal advice specialising in Housing, Welfare Rights, Asylum and Immigration.

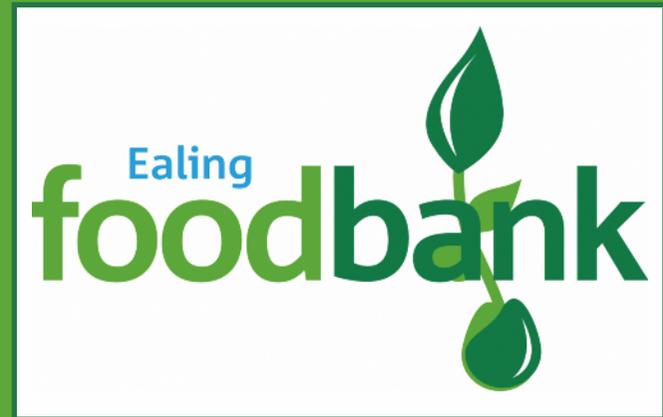
www.turn2us.org.uk
Free Benefits Calculator and Grants Search tool to check your entitlement

www.streetlink.org.uk
Helping the homeless to find accommodation

www.w.actonhomelessconcern.org
Drop in Centre for the homeless

www.w.ealingsoupkitchen.org Free nutritious meals in Ealing

www.nextmeal.co.uk
Find free meals across London.



Looking for advice on:

- Benefits and Debt?
- Family relationships?
- Drugs, Alcohol or
- Abuse problems?

There are many
FREE confidential services
across the Ealing borough
that could help



Do you use the foodbank and need help with benefit delays, debt, housing or another issue?

The Help Through Crisis team can help you resolve a wide range of issues. We're advising people over the phone. So please do call us and we can call you straight back!

Shannon: Northolt - 07784 128827

Mojdeh: Southall & Greenford Mondays - 077841 28777

Ezra: Ealing Green & Acton - 07784 128776

Gamila: Hanwell & Greenford Saturdays - 07365 145650

BENEFIT ISSUES AND GENERAL ADVICE

jobcentreplus

For general advice and on all Benefits available, or issues with your current benefits (changes/delays/Universal Credit) your

first contact should be the Job Centre.

For new claims call **0800 055 6688**, existing claims **0800 169 0310**, and for Universal credit **0800 328 9344**.

You can also contact your local centre directly
Ealing 86-92 Uxbridge Rd, W13 8RA 0845 604 3719
or **Acton Armstrong Rd, W3 7JL 020 811 8200**



EAS offers impartial advice on social welfare law topics such as benefits, housing and debt, as well as employment legal advice.

Call **03000 12 54 64**

Mon-Fri 10am-5pm, Weds 12-7pm (may be a call back) or visit www.ealingadvice.org



ESAS advises carers or adults with additional needs such as disabilities, mental health, sensory impairments, Autism, or for those 50+.

Call **020 8579 8429**, text **07837 186 733**, email info@ealingsas.org.uk, www.ealingsas.org.uk or visit the office at **135 Uxbridge Road, W7 3ST**

Local Welfare Assistance

LWA Team may be able to help with an emergency payment to help those in immediate financial crisis. They also help with debt advice, budgeting, and finding a job. You must be an Ealing resident, receiving employment benefits, and able to provide evidence of your claim.

Call **020 8825 6237** and leave a message for a call back. Email localwelfareassistance@ealing.gov.uk

DEBT ISSUES OR IN NEED OF A JOB



Call **FREE** on **0800 328 0006** Mon- Fri 8.30am-5pm

CAP is a debt counsel service offering home visits to help lift people out of debt and poverty. They assess your financial situation, set a budget that prioritises essential bills, negotiate with creditors to stop unfair interest charges, and create a plan that they manage on your behalf.

CAP also run FREE Job Clubs providing practical help seeking employment.

Over 9 weeks they cover each step of job search process, as well as 1:1 support and coaching.



Call **07473 004 435** or juliasarson@capjobclubs.org

Ealing Job Club is held Tues 11.45am- 2.45pm at **St Paul's Church, W13 9XW** and provides both lunch and access to computers and the internet.

WORK CLUBS

Work Clubs operate throughout the borough offering **FREE** practical advice and support such as help with searching for a job, internet access, CV building, Interview Techniques, completing application forms amongst others

Visit www.ealing.gov.uk/info/201013/jobs/1517/work_clubs



Step Change offer debt advice providing practical help based on your needs.

They work out your budget, income and debts, set up your debt solution (from debt management to bankruptcy) and support you as long as you need. They also offer a **free** online tool called Debt remedy that can give you expert debt advice in 20 minutes.

Call **0800 138 1111** Mon-Fri 8am-8pm, Sat 8am-4pm or visit www.stepchange.org

FAMILIES IN NEED

SAFE - Supportive Action for Families in Ealing

SAFE helps families facing struggles with parenting, drug or alcohol misuse, financial or relationship difficulties, or difficult situations in the home.

If you are concerned about a child's well being, or if you would like advice and parenting support

Call **020 8825 8000** or email ECIRS@ealing.gov.uk



Support and friendship for families

Home-Start supports families with young children by visiting clients weekly at home and offering practical and emotional support. They help form filling, client appointments, investigating local services, or simply someone to talk to.

They also run a family group where you can play games, and meet new friends.

Call **0208 842 1617** Tue-Thursday 10-3pm, or email mailadmin@homestartealing.org



Children's centres operate throughout Ealing and provide a range of services supporting both children and their families.

These include stay and play, Drop-in activities, specialised classes, and health and parenting support

www.ealing.gov.uk/info/201022/childcare_and_early_years/173/childrens_centres/1