

HEALTHY ADULT LEAFLET 18 YEARS UPWARDS

Northolt PCN

Goodcare Practice, Somerset Medical centre, Yeading Medical Centre,

✦ Broadmead Surgery, Jubilee Gardens Medical Centre & West End Surgery

Email us @ nhsnw.northoltpcn@nhs.net

Keeping safe

Ealing Domestic abuse services:

Southall Black Sisters

Info@southallblacksister.co.uk

Helpline : 02085710800

NATIONAL DOMESTIC VIOLENCE HELPLINE:

If you are a woman experiencing abuse: 0808 200 0247

If you are a man experiencing abuse: 0808 801 0327

WOMENS AND GIRLS NETWORK: Providing advice and specialist support for victims of rape or sexual assault. Call free on 0808 801 0660 or email advice@wgn.org.uk

Ealing Children's Integrated response service (ECIRS) 02088258000

If at any time you become concerned that a child has been harmed or is at risk of harm

ECIRS@ealing.gov.uk

Mental health and wellbeing

Anxiety Uk website and helpline for people suffering from anxiety.

03444775774

Support@anxiety.org.uk

Ealing advice service

02085798429

info@ealingsas.org.uk

Twining enterprises: to improve wellbeing through helping people with mental health issues.

info@twiningenterprise.org.uk

020 8840 8833

MINT

Phone:0208483 1720

Email: EalingActonMINT@westlondon.nhs.uk

Stay well

STOP SMOKING SUPPORT: Cigarettes and vapes, call 0300123 1044

SEXUAL HEALTH AND CONTRACEPTION: Local advice

and clinics call 020 3255 0084 or 020 8966 6315

Each floating support service: provides support for substance abuse

issues. Please contact 02085776059

info@eachcounselling.org.uk

Free eye Test

Western eye Hospital:

153-173 Marylebone Road, London NW1 5QH

020 3312 3275

Community & Financial Support

Ealing food bank:

020 8840 9428

Email: info@ealing.foodbank.org.uk

Groundswell support and advice : Enable homeless people to take more control.

Call:020 7725 2851

Info@groundswell.org.uk

COST OF LIVING SUPPORT: Information about all the different sources of help, benefits, grants and money saving discounts Ealing Council has on offer call 020 8825 7170

HELP WITH HEALTH COSTS: Help with hospital appointments, visits and health related costs

0300 330 1343

SHELTER: Housing -Advice on homelessness, council housing, eviction and more call 0808 800 4444

Refugees in Effective and Active Partnership: campaign to help refugees

01895441530

enquiries@reap.org.uk.

Ealing and Hounslow community voluntary service supporting voluntary and community sector.

Info@ehcvs.org.uk