



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
11-17 MAY 2026



**HYCS** [www.hycscounselling.co.uk](http://www.hycscounselling.co.uk) T **020 8568 1818** SMS **0778 4481 308**

A free, 1-2-1 counselling service just for anyone aged 11-25 who lives, works or studies in the Borough of Hounslow. You can self-refer to this service. Just pick up the phone!



**Kooth:** [www.kooth.com](http://www.kooth.com)

A judgement free digital platform for Hounslow for young people age 11 – 25 - get advice, help others and share your story. Whatever you are feeling we are here to help. Get free, safe & anonymous support from a team of mental health professionals



**CAMHS:** T **0800 328 4444** and choose Option 2. Mon-Fri 8:am-11pm Weekends 12pm-8pm

Call Speak CAMHS for support if you're worried about your mental health. Parents and carers can also call the helpline if they're concerned about your mental health.

### 8 Actions to Improve your Mental Health in the Long Term

- 1) Prioritise your health
- 2) Connect with others
- 3) Be present
- 4) Learn a new skill
- 5) Learn to understand & manage your emotions
- 6) Set boundaries
- 7) Prioritise sleep
- 8) Seek professional support

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse  
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



Receive an answer within one working day from a qualified School Nurse  
(Monday to Friday 9.00am-4.30pm)