



World Mental Health Day

10th October 2026

It's good to talk. It's even better to be heard



HYCS: www.hycscounselling.co.uk T: 020 8568 1818 SMS: 07784 481 308

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

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



Think Well: Beavers Community Centre, 103 Salisbury Road, Hounslow, TW4 7NW

A new, youth-friendly wellbeing space for secondary school aged children where you can relax, take part in activities, meet new people and access support when you need it.

Mon: 4-8pm, Wed: 4-8pm, Fri: 3-9pm

Circle - 44-46 South Ealing Road London W5 4QA

A safe space, offering mental health support to children and young people aged 5-18.

Mon – Fri: 14:00-22:00 (drop ins 14:00-18:00) Weekends/school holidays: 12:00-20:00
(drop ins 12:00-16:00)

“Whether someone is facing challenges themselves, seeking support for the first time, or supporting a loved one, everyone deserves to feel heard, understood and supported.

Help others feel heard. By sharing your experience, starting a conversation, or taking the time to listen, you could help someone feel understood, less alone, and more confident reaching out for support”.

(Mental Health UK, 2026) www.mentalhealth-uk.org

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)