

Where to go for help

Enfield Carers Centre	Improving the lives of family/unpaid Carers, living in or caring for an Enfield resident Supports Young and adult carers	Info@enfieldcarers.org MH@enfieldcarers.org 020 8366 3677
Barnet Carers	Barnet Carers is a leading charity delivering reliable and accessible support for informal carers living in Barnet	https://barnetcarers.org/contact-us/ 0203 995 1909 mailto:admin@barnetcarers.org
Camden Carers	Supporting Carers to understand their rights and choices	020 7428 8950 www.camdenccs.org.uk Info@camdenccs.org
Islington Carers Hub	Supports unpaid carers 18 years of age and over	020 7281 3319 info@islingtoncarershub.org
Carers First (Haringey Carers)	Supports unpaid carers 18 years of age and over	0300 303 1555 hello@carersfirst.co.uk
Samaritans	24 hours a day, 365 days a year.	samaritans.org 116 123
MIND	0208 906 7506	www.mind.org.uk
SHOUT	Shout is the UK's first and only free, confidential, 24/7 text messaging service for	Text SHOUT 85258

	anyone who is struggling to cope	
NHS 111		111
Rethink Mental Illness	As a leading charity provider of mental health services in England, people living with mental illness, and those who care for them	www.rethink.org 0808 801 0525
Derman	Provides health & wellbeing services for the Kurdish and Turkish community	www.derman.org.uk 020 7613 5944

Counselling & Support Services in Enfield / UK

General Counselling

Name of organisation	Contact Number	Website
Enfield Carers Counselling Service	020 8366 3677	www.enfieldcarers.org
IAPT	020 8342 3012	www.lets-talk-iapt.nhs.uk
Mind (Enfield)	020 8887 1480	www.mind-in-enfield.org.uk
Samaritans	08457 909090	www.samaritans.org
Sanctuary (Mind in Enfield telephone service)	020 8906 7509	www.mind-in-enfield.org.uk
Stamp out suicide	07766 808 222	www.stampoutsuicide.co.uk/
Beat (Eating Disorders)	0808 801 0677	www.beateatingdisorders.org.uk

Couples/Family Counselling

Name of organisation	Contact Number	Website
Relate (Enfield)	01708 441722	www.relate.org.uk
SAFE (Service for Adolescents & Families in Enfield)	020 8379 2090	www.beh-mht.nhs.uk/services/safe-service-for-adolescents-and-families-in-enfield.htm
Every Parent and Child	020 8373 6243	https://epandc.org.uk/
Family Based Solutions	020 8363 6262	https://familybasedsolutions.org.uk/
Enfield Counselling Service	020 8367 2333	www.enfieldcounselling.co.uk

Counselling for Children

Name of organisation	Contact Number	Website
Childline	0800 1111	www.childline.org.uk

Counselling for Women

Name of organisation	Contact Number	Website
Solace (Enfield)	0808 802 5565	www.solacewomensaid.org
Woman's Trust	0207 034 0303	www.womanstrust.org.uk
Enfield Women's Centre	0208 443 1902	www.enfieldwomen.org.uk/
IMECE – Women's Centre	0207 354 1359	info@imece.org.uk

Counselling for Men

Name of organisation	Contact Number	Website
CALM (Campaign Against Living Miserably)	0800 58 58 58	www.thecalmzone.net/

Counselling for Older People

Name of organisation	Contact Number	Website
Age UK	0800 169 8787	www.ageuk.org.uk
The Silverline	0800 470 8090	www.thesilverline.org.uk/

Counselling for Younger People

Name of organisation	Contact Number	Website
Papyrus – Prevention of Young Suicide (under 35)	0800 068 4141	www.papyrus-uk.org/
The Mix (under 25)	0808 808 4994	www.talkofftherecord.org/

Low-cost Counselling (outside Enfield)

Name of organisation	Contact Number	Website
The Centre for Better Health	020 8985 3570	www.centreforbetterhealth.org.uk
Rephael House	020 844 09144	www.rephaelhouse.org.uk

Bereavement Counselling

Name of organisation	Contact Number	Website
Cruse	0808 808 1677	www.cruse.org.uk/
North London Hospice	0800 368 7848	www.northlondonhospice.org

Counselling for Specific Community Groups

Name of organisation	Contact Number	Website
Derman (Service for Kurdish and Turkish people)	020 7613 5944	https://www.derman.org.uk/advice-service/
Nafsiyat (offers counselling in many languages)	020 7263 6947	www.nafsiyat.org.uk/
icap (Service for Irish people)	020 7272 7906	www.icap.org.uk/
Saheli (Service for Asian women in their native tongue)	0208 373 6218/ 07483 166 493	https://enfieldsaheli.org/