

## **Mental Health Services**

### **Kooth**

Kooth is an online mental wellbeing community for young people and adults. It offers free, safe and anonymous support through free online counselling, self-help tools, discussions boards, goal trackers and more.

Website: <https://www.koothplc.com/>

### **Girl with The Curly Hair Project**

The curly hair project is a social enterprise based in the UK, which aims to help people with Autism Spectrum Disorders and their loved ones. The services we provide are books, animations and webinars about aspects of autism and counselling with an ASD-experienced counsellor

Website: <https://thegirlwiththecurlyhair.co.uk/>

### **The Wild Mind Project**

The Wild Mind Project is a not-for-profit community interest company. They support the emotional and mental wellbeing of young people through nature-focused interventions and creative activities in South West London and Brighton/East Sussex.

Website: [www.thewildmindproject.org](http://www.thewildmindproject.org)

### **Hestia Personalisation Service**

Hestia provides mental health support for those who are struggling to cope with their mental health. This includes Recovery Café's and a Good Energy Club (Kingston only).

Telephone contact number: +44 (0) 20 7378 3100

Email address: [info@hestia.org](mailto:info@hestia.org)

Website (Kingston): <https://hestia.eu.rit.org.uk/kingston>

Website (Richmond): <https://hestia.eu.rit.org.uk/richmond>

**Kingston-specific mental health support:**

**Kingston iCope**

Kingston iCope offer a range of different evidence based psychological treatments that have been recommended for the NHS. The therapists will be able to discuss and advise the best treatment for you.

Telephone contact number: 0203 317 7850

Email address: [cim-tr.kingston-iCope@nhs.net](mailto:cim-tr.kingston-iCope@nhs.net)

Website: <https://www.icope.nhs.uk/kingston/>

**Kingston Mind**

Kingston Mind offers information, advice and support to adults experiencing mental health issues and/or imminent crisis.

Website: <https://www.mindinkingston.org.uk/>

**Richmond-specific mental health support:**

**Richmond Wellbeing Service (NHS)**

Richmond Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. They accept self-referrals.

Telephone contact number: 020 8548 5550

Website: <https://www.richmondwellbeingservice.nhs.uk/>

Website for updated contact information:

<https://www.richmondwellbeingservice.nhs.uk/contact-us/>

**Off The Record**

Off The Record Twickenham (OTR) is a registered charity providing the only drop-in counselling, information and sexual health service for young people aged 11–24 who live, work or study in the Borough of Richmond Upon Thames.

Off The Record provides additional counselling by appointment at a number of other locations around the Borough of Richmond.

Telephone contact number: 020 8744 1644

Email address: [counselling@otrtwickenham.com](mailto:counselling@otrtwickenham.com)

Website: <https://otrtwickenham.com/>

Address: 2 Church Street, Twickenham, TW1 3NJ

### **Richmond Borough Mind**

Richmond Borough Mind offers information, advice and support to young people and adults experiencing mental health issues and/or imminent crisis.

Helpline contact number: 020 3137 9590

Email: [info@rbmind.org](mailto:info@rbmind.org)

Website: [www.rbmind.org](http://www.rbmind.org)

### **London South West Relate**

Services include: family counselling, individual counselling, online and telephone counselling, relationship counselling, young people's counselling. Currently only providing online services.

Contact number: 0333 320 2206

Email: [appointments.londonsw@relate.org.uk](mailto:appointments.londonsw@relate.org.uk)

Website: [www.relate.org.uk](http://www.relate.org.uk)