

EMERGENCY CONTACTS	ACCESSING COUNSELLING	CHARITIES
<p><b>Samaritans</b>  <a href="http://www.samaritans.org">www.samaritans.org</a>            08457 90 90 90</p> <p><b>SANE mental health line</b>            0845 767 80000</p> <p><b>Your nearest Accidents &amp; Emergency</b></p>	<p>VIA THE NHS</p> <p>IAPT <a href="http://www.ealingiapt.co.uk">http://www.ealingiapt.co.uk</a>            0203 313 5660</p> <p>PRIVATELY</p> <p><b>Metanoia Insitute (Ealing)</b>  <a href="http://www.metanoia.ac.uk/therapy">www.metanoia.ac.uk/therapy</a></p> <p><b>Association of Group and Independent Psychotherapists, N19</b>  <a href="http://www.agip.org.uk">www.agip.org.uk</a></p> <p><b>The guild of Psychotherapy, SE1</b>  <a href="http://guildofpsychotherapists.org.uk/">guildofpsychotherapists.org.uk/</a></p>	<p><b>Mind</b>  <a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p><b>Rethink</b>  <a href="http://www.rethink.org">www.rethink.org</a></p>
<p><b>FREE ONLINE HELP / LIFE CHAT</b></p> <p><b>Ealing e-clinic</b>  <a href="http://ealingeclinic.i2ic.com/categories/10/mental-health">http://ealingeclinic.i2ic.com/categories/10/mental-health</a></p>	<p><b>Westminster Pastoral Foundation, SE1</b>  <a href="http://www.wpf.org.uk">www.wpf.org.uk</a></p>	<p><b>BOOKS</b></p> <p><b>The Reading well series</b>  <a href="http://reading-well.org.uk">http://reading-well.org.uk</a>            Includes a list of books which can help deal with common mental health problems as well as a list of mood boosting books</p>
<p><b>ONLINE SELF-HELP</b></p> <p><b>Moodgym</b>  <a href="http://moodgym.anu.edu.au/">moodgym.anu.edu.au/</a></p> <p><b>Living life to the full</b>  <a href="http://www.llttf.com">www.llttf.com</a></p> <p><b>Moodjuice</b>  <a href="http://www.moodjuice.scot.nhs.uk/">www.moodjuice.scot.nhs.uk/</a></p>	<p><b>British Psychotherapy Foundation, NW2</b>  <a href="http://www.britishpsychotherapyfoundation.org.uk">www.britishpsychotherapyfoundation.org.uk</a></p> <p><b>British Association for Counselling and Psychotherapy</b>  <a href="http://www.bacp.co.uk">www.bacp.co.uk</a></p>	<p><b>HELP WITH LIFESTYLE CHANGES</b></p> <p><b>Health trainers for general health goals</b>            (020) 8825 6454  <a href="mailto:ealccg.ealinghealthtrainers@nhs.net">ealccg.ealinghealthtrainers@nhs.net</a></p> <p><b>RISE for drug or alcohol problems</b>  <a href="http://www.ealingrise.org.uk">http://www.ealingrise.org.uk</a>            0800 195 8100</p>