



EACH Counselling and Support

Supporting people to recover from substance misuse, mental health, and domestic violence and abuse

Ascent

Domestic Violence counselling and group support offered across Brent, Harrow, Hillingdon, Hounslow, Kingston, Richmond, Merton and Ealing.

Pukaar

Specialist Domestic Violence counselling for BME women in Hillingdon.

Connect and Change

Specialist support for BME (Black and Minority Ethnic) Brent residents experiencing mild to moderate mental health issues.



The Jasmine Project

Women's service for Ealing residents, supporting complex needs, including: domestic abuse, mental health, substance misuse.

Ealing Floating Support (Generic and Mental Health Services)

Supporting Ealing residents to sustain their housing tenancy, e.g. budgeting.

Project STRIDE

1:1 coaching and workshops to help access training, education and employment opportunities, for people with a history of issues with mental health, addiction or domestic violence.

Available to residents of Brent, Ealing and Harrow.

Tamil Trauma Counselling

Specialist Tamil language service for Hillingdon residents. Operates one day per week—Fridays only.

Brent Reach

Supporting Brent residents to sustain their housing tenancy, e.g. budgeting.

Create Wellness

1:1 counselling and group programmes offered from EACH Ealing office.

Support for issues including: addiction, relationships, social anxiety and personal development. Services are open to all who want to come.

Fees for counselling are offered on a sliding scale from £45-£15 depending on personal circumstances.

Brent Youth Offending Service

Service for young offenders aged 11-18 requiring support for their substance use.

Building Better Opportunities

Providing personalised employment support to people from BME (Black and Minority Ethnic) communities with common mental health conditions, across North West London.

User-led Mental Health Service

3 day a week service for Hounslow residents at the Star Centre, offering peer groups and activities.

020 8577 6059

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EACH Counselling and Support

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