

SAFE SPACE HELPLINE HOUNSLOW



Are you struggling and not sure where to seek support?

The Safe Space Helpline is a specialised mental health support for those 18+ in the London Borough of Hounslow, delivered by Mind HFEH. We offer access to emotional support, signposting, advice and services that aim to improve mental health wellbeing.

You will be able to speak with one of our trained staff, who have experience supporting those in or nearing crises.

Our helpline is accessible 11am-11pm, 365 days a year by calling:

020 3475 5185



Hammersmith,
Fulham, Ealing
and Hounslow



London Borough
of Hounslow