



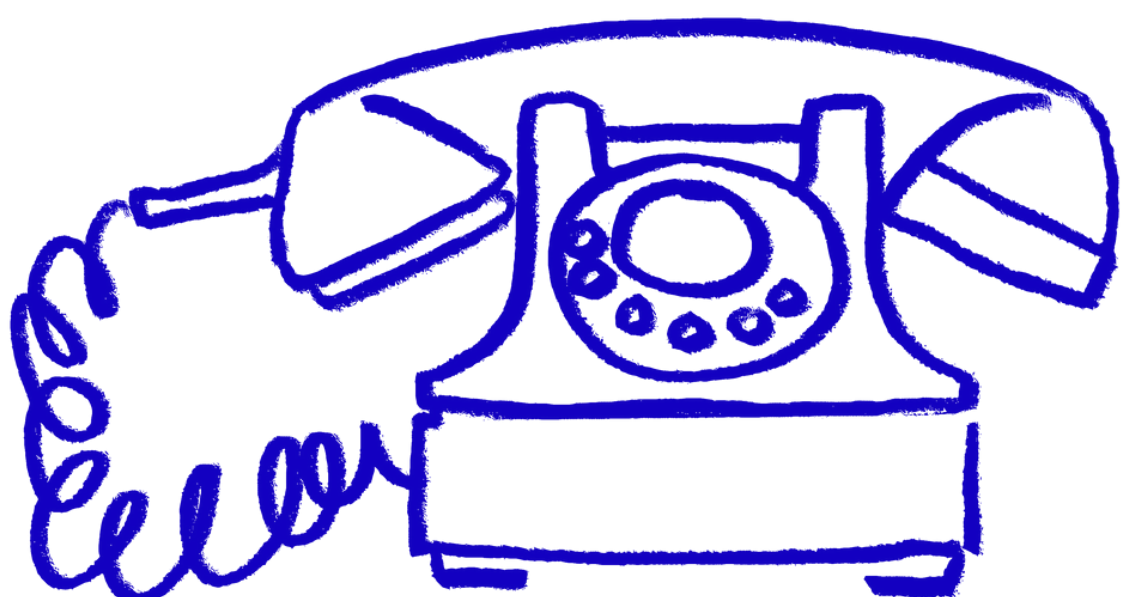
SAFE SPACE HELPLINE HOUNSLOW

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**



 **mind**
Hammersmith,
Fulham, Ealing
and Hounslow

 **London Borough
of Hounslow**