



**Nafsiyat**  
Intercultural  
Therapy Centre

## Enfield

### IAPT Enfield

*Let's Talk IAPT (Improving Access to Psychological Therapies) offers free and confidential talking therapies to people aged 16 and over. They can help with a range of common problems including low mood and all anxiety disorders. They also offer a range of employment support and wellbeing workshops in the community.*

[www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)

[lets-talk-enfield@nhs.net](mailto:lets-talk-enfield@nhs.net)

Tel: 020 8342 3012

### MIND in Enfield

*Mind in Enfield is a local independent charity offering a range of services, working to support the needs of mental health service users and to challenge the stigma and isolation experienced by people who have mental health issues.*

[www.mind-in-enfield.org.uk](http://www.mind-in-enfield.org.uk)

[info@mind-in-enfield.org.uk](mailto:info@mind-in-enfield.org.uk)

275 Fore Street, Edmonton, London, N9 0PD

Tel: 020 8887 1480

Fax: 020 8887 1481

### Enfield Saheli (Turkish)

*Enfield Saheli is a voluntary group run by women for women from Asian descent. Their Mental Health Project provides support and information to those experiencing mental health difficulties.*

[www.enfieldsaheli.org](http://www.enfieldsaheli.org)

[minfo@enfield-saheli.org.uk](mailto:minfo@enfield-saheli.org.uk)

Community House, 311 Fore Street, Edmonton, N9 0PZ

Tel: 020 8373 6218 / 6220

### Middle Eastern Women and Society Organisation – MEWS (Middle Eastern)

*MEWS is a charity working with women from Middle East and neighbouring countries.*

[www.mewso.org](http://www.mewso.org)

[office@mewso.org](mailto:office@mewso.org)

Durham Road Resource Centre, 86 Durham Road, London N7 7DT

Tel: 07958 145666

### Sakoon Muslim Counselling Services (Asian)

*Psychotherapist in Uxbridge, England*

[www.sakoon.co.uk](http://www.sakoon.co.uk)

[info@sakoon.co.uk](mailto:info@sakoon.co.uk)

Uxbridge UB8 3PU

Tel: 07943 561561

### Asian Family Counselling (Asian)

Suite 51, Windmill Place, 2-4 Windmill Ln, Southall UB2 4NJ

Tel: 020 8813 9714