



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.

Address: Ground Floor, Chase Building, Chase Farm Hospital, 127 The Ridgeway, Enfield, EN2 8JL

Tel: 020 8342 3012/020 8702 4900

Fax: 020 8702 4948

Website: www.lets-talk-iapt.nhs.uk

Email: lets-talk-enfield@nhs.net

Services: Mental Health and Community services

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.

Address: 275 Fore Street, Edmonton, London, N9 0PD

Web: www.mind-in-enfield.org.uk

Email: reception.desk@mind-in-enfield.org.uk

Tel: 0208 906 7506

Fax: 020 8887 1481

Services: Counselling, Advocacy, Information, courses and workshops.

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.

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

Tel: 020 8373 6218 / 6220, 07483 166 493, 07444 560 350

Website: www.enfieldsaheli.org

Email: info@enfieldsaheli.org

Email: info@enfieldsaheli.org

Services: Multi-lingual Counselling offered in Urdu, Gujarati, Bengali, Turkish, Hindi Punjabi and English, outreach work, advice and information and other services.



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MIDDLE EASTERN WOMEN AND SOCIETY ORGANISATION – MEWS (MIDDLE EASTERN)

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

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

Tel: 07958 145 666

Website: www.mewso.org

Email: office@mewso.org

Services: Befriending, Advice, Workshops, Training & Raising Awareness of Domestic Abuse, English Conversation, Exercise Classes, Art Therapy, Social Clubs and more.

SAKOON MUSLIM COUNSELLING SERVICES (ASIAN)

Psychotherapist in Uxbridge, England

Address: Apple Tree Ave, Uxbridge, UB8 3PU

Tel: 07943 561561

Web: www.sakoon.co.uk

Email: info@sakoon.co.uk

Services: Counselling (single, Couple, Family, Youth and Children), Mediation, Life Coaching and other services.

ASIAN FAMILY COUNSELLING (ASIAN)

Address: F1 Unit 4, Triangle Centre

399 Uxbridge Road

Southall UB1 3EJ

Tel: 020 8574 0912

Email: afcs@btconnect.com

Services: FCS provides a culturally sensitive and completely confidential service where experienced and qualified counsellors provide individual, couple and family counselling in Urdu, Hindi, Gujarati, Punjabi and English.