



## **ISLINGTON**

### **Age UK Islington**

Provide advice and support to older people and their carers through a range of projects including: Access and Inclusion, Benefits Take-Up Service, BME (Black and Minority Ethnic) Elders Work.

[www.ageuk.org.uk/islington](http://www.ageuk.org.uk/islington)

Email: [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)

Address: 6-9 Manor Gardens, N7 6LA

Tel: 020 7281 6018

### **Baobab Centre**

The centre offers a mixture of psychotherapeutic and therapeutic help to child, adolescent and young adult asylum seekers and refugees who have experienced humiliation, violence, trafficking and violation in their home countries and/or on their often prolonged journeys into exile in the UK.

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

6 Manor Gardens, N7 6LA

Tel: 020 7263 1301

### **CASA Family Service**

CASA Family Service provides: therapeutic support (weekly sessions) to families affected by parental misuse of alcohol and other drugs. Provide a safer and more secure environment for everyone and particularly for children; consultation and training for professional colleagues across other Islington agencies.

[www.blenheimcdp.org.uk/services/casa-family](http://www.blenheimcdp.org.uk/services/casa-family)

Email: [family.service@casa.org.uk](mailto:family.service@casa.org.uk)

Address: 86 Durham Road, N7 7DU

Tel: 020 7561 7490

### **Islington Mind**

Supporting people with mental health issues locally. Their services include counselling, day centre, mind works, employment and training advice, job services, hospital advocacy.

[www.islingtonmind.org.uk](http://www.islingtonmind.org.uk)

Email: admin@islingtonmind.org.uk

Address: Archway Business Centre, Unit 4/ Wedmore St, N19 4RU

Tel: 020 3301 9850

### **iCope**

Psychological Therapies Service offers treatment for a range of psychological problems, including anxiety and depression.

[www.candi.nhs.uk/our-services/icope-psychological-therapies-service-north-islington](http://www.candi.nhs.uk/our-services/icope-psychological-therapies-service-north-islington)

[www.candi.nhs.uk/services/icope-psychological-therapies-service-south-islington](http://www.candi.nhs.uk/services/icope-psychological-therapies-service-south-islington)

North Islington Team – 10 Manor Gardens, London, N7 6JS

South Islington Team – Finsbury Health Centre, 17 Pine Street, London, EC1R 0JH

Tel: 020 3317 7252

### **IMECE Women's Centre**

Counselling service for Turkish, Kurdish, Turkish Cypriot and other Turkish speaking women who are over 18 and experiencing violence.

[www.imece.org.uk](http://www.imece.org.uk)

Email: info@imece.org.uk

Address: 2 Newington Green Road, N1 4RX

Tel: 0207 354 1359

### **KMEWO, Kurdish and Middle Eastern Women's Organisation in Britain**

They provide short-term counselling for women to deal with issues related to domestic violence, advice and advocacy, interpreting and translation, honour based violence forum and much more.

[www.kmewo.com/](http://www.kmewo.com/)

Email: info@kmewo.com

Address: Caxton House, 29 St John's Way, N19 3RQ

Tel: 020 7263 1027

### **The Maya Centre**

Provides long term counselling and psychological support to women who have experienced severe trauma through domestic violence, abuse in childhood or overseas in war and conflict.

[www.mayacentre.org.uk](http://www.mayacentre.org.uk)

Email: admin@mayacentre.org.uk

Address: Unit 8, 9-15 Elthorne Road, N19 4AJ

Tel: 0207 272 0995

### **North London Group Therapy**

Provides one-to-one counselling and psychotherapy, couples/relationship therapy, group therapy, complementary health therapies, workshops and training as well as fortnightly group therapy sessions at Manor Gardens for bisexual or gay men living in North London.

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

Email: info@nlgrouptherapy.co.uk

Address: 9 Manor Gardens, N7 6LA

Tel: 0844 931 2211

### **Solace Women's Aid**

Women's Aid Advice Service offers information, advice and support about domestic and sexual violence. The services include Advice, Counselling, Drug and Alcohol Service, Solicitors, Irish Travellers Outreach and Resettlement Service, Life Skills, Refuge Accommodation, Independent Domestic Violence Advocacy Service, Floating Support.

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

Email: advice@solacewomensaid.org

Address: Unit 5-7 Blenheim Court, 62 Brewery Road, N7 9NY

Tel: 0808 802 5565

### **The Stress Project**

Provide a range of low-cost therapies and wellbeing activities for people experiencing stress related illnesses or mental health problems. They offer a safe and caring environment and provide a holistic service that treats the whole person, not just the illness.

[www.stressproject.org.uk](http://www.stressproject.org.uk)

Email: [stressproject@hng.org.uk](mailto:stressproject@hng.org.uk)

Address: 10 Manor Gardens, N7 6JS

Tel: 020 7700 3938

### **Talk for Health**

This is a programme designed to help you improve your emotional wellbeing through group communication. You'll get the chance to learn counselling techniques and the ingredients of therapeutic talk. The training covers thinking about yourself, understanding and talking about your feelings in a helpful way. It offers an opportunity to explore and resolve dilemmas and struggles in your life.

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

Email: [info@talkforhealth.co.uk](mailto:info@talkforhealth.co.uk)

Tel: 07826 148 461