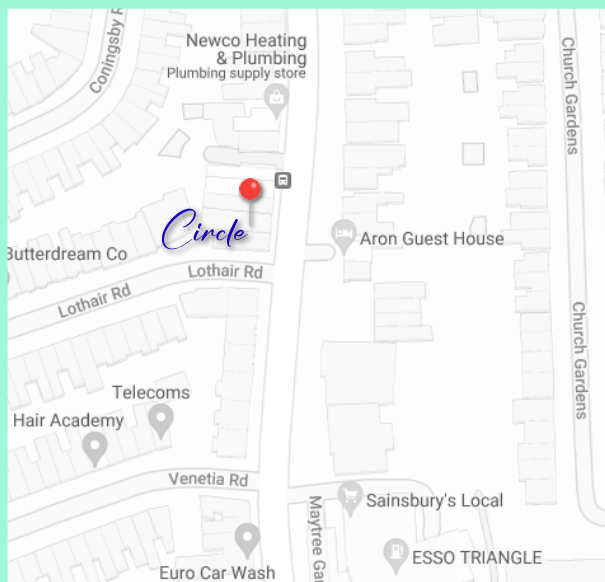


Where to find us

44-46 South Ealing Road,
London
W5 4QA



Appointments by referrals

Monday to Friday - 6:30PM to 10:00PM
Saturday and Sunday - 3:30PM to 7:00PM

Drop in hours:

Monday to Friday - 3:30PM to 6:00PM
Saturday and Sunday - 12:30PM to 3:00PM

Tel: 02034750060

Email: cirlereferrals@hfehmind.org.uk



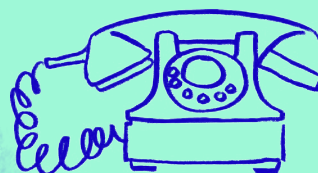
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Circle

Crisis Intervention for Children and Young People



Who We Are

Mind is a leading mental health charity in England and Wales that provides advice and support to empower anyone experiencing mental health difficulties. We campaign to improve services, raise awareness, and promote understanding. Circle is a hub space and café that will offer support for young people in Ealing who are at, or near crisis point with their mental health.



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What We Do

The Circle team provides additional resources to support and intervene with children and young people in crisis as a result of low-level mental health difficulties.

The service is intended to provide brief, evidence-based interventions at an early stage of need to reduce the exacerbation of presentations, improve clinical outcomes and reduce the need for specialist care.



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This can look like

- Information, advice, and signposting to HFEH MIND existing social prescribing programmes
 - Psychoeducation
 - Safety Planning
- Solution Focused based strategies and interventions
 - Social and family-based interventions
 - Cognitive Behaviour-based strategies
 - Dialectical Behaviour Therapy-based strategies
- Other therapeutic interventions informed by creative models of care (Music therapy. drama therapy. art therapy etc.
- WYA digital CBT-based programme with allocated practitioner oversight

Our Aims

- To reduce the number of young people presenting to A&E in crisis.
 - To provide a safe space and clinically trained staff to help young people who visit Circle in an emotional or mentally overwhelmed state to de-escalate their heightened state of distress.
- To provide a space where young people and parents can be supported and guided to access appropriate services.
 - Prevent children and young people going into an acute crisis state requiring emergency hospital-based intervention or support.



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