**Self-Referral and Self-Help**

**Antenatal**

* [Northwick Park Hospital](http://www.lnwh.nhs.uk/services/a-z-services/m/nphmaternity/)
* [Ealing Hospital, Queen Charlotte’s & Chelsea Hospital or St Mary’s Hospital (Imperial](http://www.imperial.nhs.uk/our-services/maternity-and-obstetrics)

**Drugs and Alcohol Support**

* [Addiction Brent – support for people with alcohol and drug related issues](http://www.kwhealthcare.co.uk/drugs-and-alcohol/)

**Lifestyle**

* [Weight Management, Activity and Fitness, Smoking Cessation](http://www.kwhealthcare.co.uk/healthy-lifestyles/)
* [Live Well advice and resources](http://www.nhs.uk/LiveWell/Pages/Livewellhub.aspx)

**Mental Health**

* [Talking Therapies for support with depression and mental health problems](http://www.cnwltalkingtherapies.org/)
* [Support for Mental Health Problems / Improving Access to Psychological Therapies](http://www.kwhealthcare.co.uk/mental-health/)
* Telephone: 0208 206 3924

**Sexual Health**

* [Contraception, Cervical Cancer Screening, Chlamydia and family planning services](http://www.kwhealthcare.co.uk/sexual-healt/)

**Smoking Advice and Support**

* [Brent Smoking Cessation Service](http://brentccg.nhs.uk/stopping-smoking)
* To access this service your GP can refer you, or you can phone your local NHS Stop Smoking Service to make an appointment with an adviser:
* Call: 020 8937 5490
* Email: [stopsmoking@brent.gov.uk](mailto:stopsmoking@brent.gov.uk)
* You can also find advice and support at [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk/) or by calling the Smoke free helpline on 0800 022 4 332.

**Social Isolation**

* The aim of the project is to target and address social isolation in individuals who are over 18 and identified as being at risk of, or suffering from, social isolation, lack of social contact and low community involvement.
* Telephone: 07415315998 | 020 30111 698
* Email: [sibi@cvsbrent.org.uk](mailto:sibi@cvsbrent.org.uk)

**Support Groups**

[Support for Carers, People with Physical Disabilities and Domestic Abuse](http://www.premiermedicalcentre.nhs.uk/Self-Care)

**Transport to or from Hospital**

* [Help with organising transport to or from hospital](http://www.kwhealthcare.co.uk/transport/)