



NHS
Central and
North West London
NHS Foundation Trust

Hestia
LIFE BEYOND CRISIS

FREE MENTAL

HEALTH SUPPORT

FOR 16+

HILLINGDON COVE

Apple Blossom Cottage
Rear of Apple Blossom Lodge
64 Ickenham Road
Ruislip
HA4 7DQ

**A SAFE SPACE FOR
INDIVIDUALS AGED
16+ WHO ARE
STRUGGLING TO
COPE WITH THEIR
MENTAL HEALTH.**

07827 535271

Hillingdon.Cove@hestia.org

**OPEN
EVERYDAY,
14:00 - 22:00**

**NO
APPOINTMENT
NEEDED**



hestia.org/hillingdon-cove-cafe



Charity number: 294555
Company number: 02020165

How to access the service

We are open access (individuals can just turn up), or on an appointment basis following a referral made by a professional.

Support and activities will include:

- Advice, information and signposting.
- One-to-one support - virtual and/or face-to-face
- The opportunity to develop a safety plan to look after your mental health in the future.
- Peer support.
- Hot drink and snack.

We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support you to reduce immediate anxiety, formulate individual safety plans to support your mental health and reduce the likelihood of you requiring further assistance from other crisis services.

West Ruislip (TfL Underground and National Rail) is a 5 minute walk away. Nearest bus stops include Sharp Lanes West Ruislip (Stop N and Stop R) which includes bus routes 278 and U1.



Hestia.org

