**How can I access support through the NHS?**

**Speak to your GP or any other relevant healthcare professional.**

Before you speak to someone, you may want to:

* Write a list of the experiences you may have and bring it with you.
* Ask people you feel comfortable with (like friends, family)  if they have noticed any possible symptoms you could put on your list.
* Bring a pen and paper so you can take notes.
* Bring someone who knows you well with you, if you think it might help (you do not have to).

**NHS Talking Therapies**

Talking Therapies is an NHS service which is accessible nationwide. You can find your most local service via this link:

[Find NHS talking therapies for anxiety and depression - NHS](https://www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression/)

**What other support is available?**

There are multiple directories and services:

* [www.autism.org.uk/directory](http://www.autism.org.uk/directory)
* [www.adhduk.co.uk/support](http://www.adhduk.co.uk/support)
* [Find local drug and alcohol support though FRANK](https://www.talktofrank.com/get-help/find-support-near-you)
* [NHS Addiction support](https://www.nhs.uk/live-well/addiction-support/)
* [Life Skills Management Centre and Rehabilitation Centre | Collective Care](https://www.collectivecare.in/)
* [South Asian Therapist | Mental Health Therapist and Counselling](https://southasiantherapists.org/#:~:text=Our%20directory%20has%20hundreds%20of%20South%20Asian%20therapists%2C,help%20you%20get%20the%20support%20you%E2%80%99re%20looking%20for.)
* [TLC Rehab | A London based Residential Detox & Rehab](https://tlcrehab.co.uk/)

**Financial support**

You could be entitled to Personal budgets, Personal Independence Payments, Child Tax benefits and/or a Carers Allowance. The first step in understanding your eligibility is to complete a benefits check, which can be completed online at [www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators).

**Carers**

If you are a Carer, you are entitled to Carers Assessments to provide you with a one-off payment (reviewed and reassessed annually) by your local council.

**Wellbeing Resources**

Have a go at each of these and take note of how you feel before and after. Some may work for you better, and some may work better at specific times. It’s worth keeping this in mind for a regular practise and for a rainy day!

[**1 minute box breathing**](https://youtu.be/n6RbW2LtdFs)

[**The 5 4-3-2-1 Grounding Exercise**](https://youtu.be/30VMIEmA114)

[**Soothing Rhythm Breathing**](https://youtu.be/2_CeW6iRGLI)

[**Progressive Muscle Relaxation**](https://youtu.be/912eRrbes2g)

[**Body scan**](https://youtu.be/3cXGt2d1RyQ)

Self help resources for a variety of mental health and addiction needs can be found here: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/>

**Further Information**

[What is Addiction? [Gabor Maté]](https://www.youtube.com/watch?v=T5sOh4gKPIg)

[How to calm our bodies - "Being Brilliant Every Single Day"](https://youtu.be/fRItG9G1rb4)

**Contact Us**

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