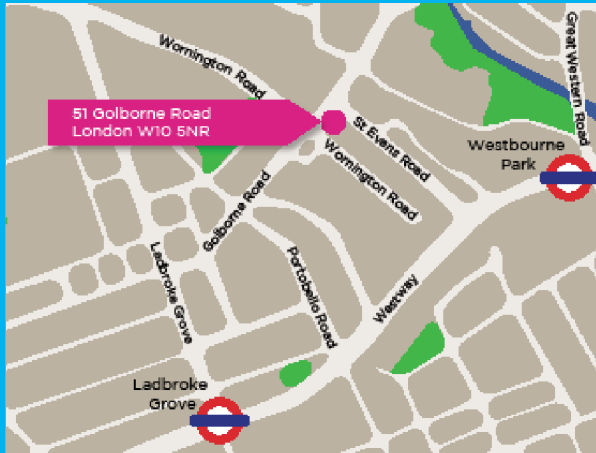


## HOW TO FIND US



Tube Ladbroke Grove, Westbourne Park  
Bus 7, 70, 52, 452, 31, 295

## USEFUL CONTACTS

Childline - 24 hour helpline	0800 1111
Albert Kennedy Trust for LGBT+ young people in crisis	020 7831 6562
KOOTH - online counselling for young people	www.kooth.com
CALM - Confidential helpline for anyone in a crisis	0808 802 5858
Angelou Partnership - Violence against women and girls services	0208 741 7008
Integrated Gangs Unit	0207 641 4051



# INSIGHT

51 Golborne Road London W10 5NR

Opening Hours:

Monday – Friday 9.30am – 5.00pm

Extended Hours:

Wednesday 5.30pm – 7.30pm

We are an outreach service, please call

07833074581 if the office is closed

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

**020 8960 5510**

**humankind®**

Humankind Charity No. 293959  
Company No. 182 0492 England

Sexual Health:

SASH - Support & Advice on Sexual Health

0207 851 2955

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

John Hunter Clinic -

Chelsea & Westminster

0203 315 4040

Jefferies Wing –

St Marys Hospital

0203 312 6626

56 Dean Street

0203 315 5656

Guys - St Marys' Hospital

0203 312 1225

Confidential  
Service for  
Young People  
Under 25 and  
Families

020 8960 5510

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

51 Golborne Road London W10 5NR  
Kensington & Chelsea and Westminster

# The following services are free and we have flexible access on some evenings and weekends

Health and Wellbeing Service for Young People & Families

Drug & Alcohol Interventions

Smoking Cessation

Telephone & Internet Access

Education & Prevention

For more information please call in for an informal and confidential chat.

Housing Advice

Employment and Education Advice

Drop In – Advice and Information

Diversions Activities

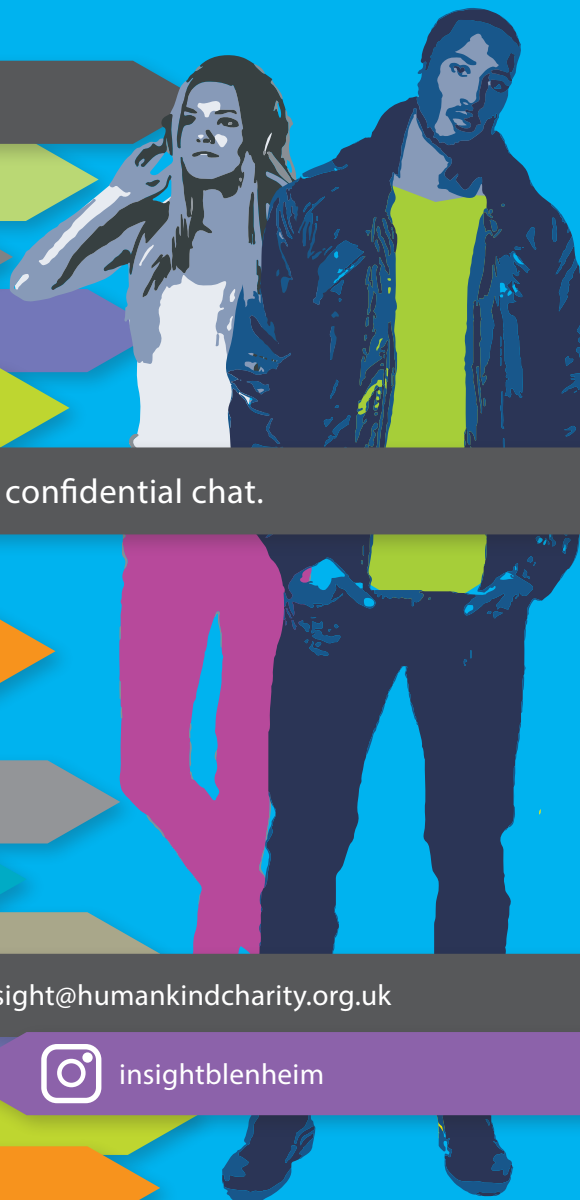
Gym

LGBTQ Service

Outreach / Satellite Service

Telephone Support

Sexual Health Advice



## INSIGHT

If you are under 25, and want some help and advice, Insight is a project that is just for you.

[insight@humankindcharity.org.uk](mailto:insight@humankindcharity.org.uk)



[insightblenheim](https://www.instagram.com/insightblenheim)