

What if I know someone else who would benefit from the service?

We provide psychological support for anyone who has been emotionally affected by experiences of abuse in Islington Children's care between 1960 and 1995. If that applies to you or anyone else you know and you think they may be interested in attending the service then you can give them this leaflet and/or tell them to contact us. We can only contact people who have given their permission.

Feedback from service users

"This service has helped me to rebuild my life and supported me through an extremely difficult time and I will be eternally grateful."

"My [psychologist] prepared me mentally and physically before I started trauma sessions. They advised me to do more exercise to keep fit. They also helped me to understand my panic and anxiety attacks beforehand."

Address: 4th Floor, West Wing, St Pancras Hospital, 4 St Pancras Way. NW1 0PE

Telephone: 0203 317 6820

Email: ists@candi.nhs.uk

If you have any questions



If you have any questions or would like to speak to a member of the team please do not hesitate to contact us on

0203 317 6820 or email on ists@candi.nhs.uk

What to do in a Crisis?



If you are in crisis and live in Camden or Islington, please contact the Crisis Team who are available 24 hours a day, 7 days a week.

You can call them on **0800 917 3333**.

If you do not live in Camden or Islington please contact your local crisis team, attend your nearest Accident & Emergency (A&E) or contact the free and confidential Samaritans helpline on **116 123**.

Islington Survivors Trauma Service (ISTS)

Talk to us

Information for service users,
carers and families



What do we do?

We provide confidential psychological support for survivors of abuse in Islington Children's homes or while under the care of Islington Council between 1960 and 1995.

What will happen?

Your first contact will be to hear more about the service so you can decide if it would be helpful to speak to us further. If so, we will meet with you to discuss your individual needs and jointly agree a treatment plan. This can sometimes take several meetings. Each meeting lasts between 1 and 1½ hours and either takes place at our clinic in St Pancras Hospital or online. The outcome of the meetings will determine what happens next. Common next steps include:

- (a) Trauma informed psychological support and therapy within ISTS.
- (b) Supporting you to access alternative onward support, including to other mental health services or charities.
- (c) Agreement that no further support is needed now.

How do I access the service?

If you think this service might be helpful for you, or you just want to find out more, you can contact us on 0203 317 6820. If you leave your name and number with one of our administrators, then we will call you back as soon as we can (usually by the next day). Alternatively, you can email us on ists@candi.nhs.uk

If you would prefer someone else to contact us on your behalf, then this is fine too. For example, your GP, a family member, the Islington Survivor Network or any other professional.

Meet the team

We are a small team of psychologists with specialist expertise in working with people who have experienced trauma.

We are an independent and dedicated mental health service but work closely with the Islington Survivor Network and Islington Council Non-Recent Abuse Team to support survivors in their welfare or practical needs.

Talk to us



Mary Robertson
Consultant Clinical Psychologist



Dr Myanthy Lennox
Clinical Psychologist



Dr Rosanna Philpott
Clinical Psychologist



Dr Chloe Gerskowitz
Counselling Psychologist



Dr Cecilia Wolfenstein-Harris
Counselling Psychologist