Harrow Mental Health Support Services

We are Harrow Citizens, a group of volunteers from local Churches, Mosques, Synagogues and schools who have found that poor mental health and well being is a major concern to people in Harrow. As a result, we are working together to make a positive change! We have compiled this two sided fact sheet of local and national contacts that may be of use to you or someone you may know.

Please note, we cannot be held responsible for the accuracy of the information contained herein which is intended merely as a guide. We, Harrow Citizens, are not accountable for the quality of service produced by these providers but hope this information sheet is of use as a guide.

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<th>Adult and Community Family Learning</th>
<th>Alexandra Avenue Health and Social Care Centre</th>
<th>Bluebird Care (Harrow)</th>
<th>The Bridge Recovery Club</th>
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<tr>
<td>Based at Harrow Civic Centre</td>
<td>020 8966 6300</td>
<td>Tel 020 8861 2574</td>
<td>Christchurch Avenue, Wealdstone</td>
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<td><a href="http://www.harrow.gov.uk">www.harrow.gov.uk</a></td>
<td>Contact Centre Manager - <a href="mailto:e.brown@communityhealthpartnerships.co.uk">e.brown@communityhealthpartnerships.co.uk</a></td>
<td>Mon-Fri 9am-5.30pm</td>
<td>020 8427 8528</td>
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<td><a href="mailto:learnharrow@harrow.gov.uk">learnharrow@harrow.gov.uk</a></td>
<td>GP appointments available 8am-8pm seven days a week. Book in advance if live in Harrow by calling own Harrow GP or call NHS 111</td>
<td>Email <a href="mailto:harrow@bluebirdcare.co.uk">harrow@bluebirdcare.co.uk</a></td>
<td><a href="mailto:thebridge@rethink.org">thebridge@rethink.org</a></td>
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<td>Calm (Campaign Against Living Miserably).</td>
<td>The Pinn Medical Centre 37 Love Lane, Pinner HA5 3EE Tel 020 8866 5766 Monday to Sunday 8am-8pm, everyday. Doors close at 7.45pm. Call 111 out of hours. Operates a walk in service, even if you are not registered as one of their patients. No telephone advice at weekends.</td>
<td>Community Mental Health Teams, CNWL 2nd floor Bentley House, 15-21 Headstone Drive, Harrow Tel 0800 0234 650</td>
<td>Clinical Health Psychology, Northwick Park Hospital. CNWL Watford Road, Harrow Tel 020 8869 2326</td>
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<td>Dedicated to preventing male suicide. Nationwide: 0800 585858 London: 0808 802 5858 8pm-midnight 365 days a year Webchat available.</td>
<td><a href="http://www.harrowcab.org.uk">www.harrowcab.org.uk</a></td>
<td>For people who need more intensive care in the community.</td>
<td>Tel 020 8869 2324 9am-5pm Monday-Friday For adults 18+ living in Harrow.</td>
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<td><a href="http://www.harrowcab.org.uk">www.harrowcab.org.uk</a></td>
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<td><a href="http://www.cnwtlalkingtherapies.org">www.cnwtlalkingtherapies.org</a></td>
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<td>Citizens Advice Bureau</td>
<td>CNWL Single Point of Access (SPA) Tel 0800 0234 650 Available 24/7 Mental health triage for routine, urgent and emergency referrals, information and advice. Incorporates out of hours urgent advice line. (Same telephone no.) People can also make enquiries on behalf of a family member or friend. If you wish to refer yourself, you need to see your GP in the first instance.</td>
<td>CNWL Talking therapies - Harrow Station Road, Harrow 020 8515 5015 email <a href="mailto:harrow.iapt@nhs.net">harrow.iapt@nhs.net</a> and website <a href="http://www.cnwltalkingtherapies.org">www.cnwltalkingtherapies.org</a></td>
<td>The Disability Foundation Brookeley Hill, Stanmore 020 8864 7373 <a href="mailto:info@tdf.org.uk">info@tdf.org.uk</a> <a href="http://www.tdf.org.uk">www.tdf.org.uk</a></td>
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<td>For advice on benefits, debt, housing, legal issues etc. 020 8427 9477 <a href="mailto:advice@citizensadviceharrow.org.uk">advice@citizensadviceharrow.org.uk</a> [<a href="http://www.c">www.c</a> hn.org.uk](<a href="http://www.c">http://www.c</a> hn.org.uk)</td>
<td><a href="http://www.harrowcab.org.uk">www.harrowcab.org.uk</a></td>
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<td>Educational Psychology Service</td>
<td>Emergency Duty Social Worker Team Harrow Civic Centre, Station Road, Harrow 020 8424 0999</td>
<td>Harrow Carers PINNER ROAD, HARROW Tel 020 8868 5224 <a href="mailto:admin@harrowcarers.org">admin@harrowcarers.org</a> <a href="http://www.harrowcarers.org">www.harrowcarers.org</a></td>
<td>The Bridge Recovery Club Christchurch Avenue, Wealdstone 020 8427 8528 <a href="mailto:thebridge@rethink.org">thebridge@rethink.org</a></td>
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<td>Alexandra Avenue Health and Social Care Centre, Alexandra Avenue, South Harrow Children and up to 25 with SEN or disabilities and other vulnerable young people.</td>
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<td>Monday-Friday 9am-5pm anytime For carers who live in Harrow or care for someone in Harrow.</td>
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<td><a href="http://www.cnwl.nhs.uk/service/harrow-camhs/ashtrtreeclinic@nhs.net">www.cnwl.nhs.uk/service/harrow-camhs/ashtrtreeclinic@nhs.net</a> Monday-Friday 9am-5pm</td>
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<td>Harrow Child and Adolescent Mental Health Services (CAMHS). CNWL Northolt Road, Harrow 020 8869 4560 <a href="http://www.cnwl.nhs.uk/service/harrow-camhs/ashtrtreeclinic@nhs.net">www.cnwl.nhs.uk/service/harrow-camhs/ashtrtreeclinic@nhs.net</a> Monday-Friday 9am-5pm Children and young people 0-18</td>
<td>Harrow Early Intervention in Psychosis Team. CNWL The Pembroke Centre, Pembroke Road, Ruislip Manor 01895 627762 <a href="https://www.cnwl.nhs.uk/service/harrow-and-hillingdon-early-intervention-service/">https://www.cnwl.nhs.uk/service/harrow-and-hillingdon-early-intervention-service/</a></td>
<td>Harrow Hoarders Project Civic Centre, Station Road, Harrow 020 8420 9448 <a href="mailto:carlton.thomas@harrow.gov.uk">carlton.thomas@harrow.gov.uk</a></td>
<td>Harrow Home Treatment Team, CNWL Northwick Park Hospital 020 8869 2690 Emergency access via CNWL SPA 0800 0234 650</td>
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<td>Harrow Memory Services + Harrow Older People Community Mental Health Team Tel 020 8424 7728</td>
<td>Harrow Rethink Support Group, Newsletter and Social Activities 07761 417879 <a href="mailto:harrowsupportgroup@rethink.org">harrowsupportgroup@rethink.org</a></td>
<td>More Than Just A Choir -“aka Harrow Community Choir” 07399 029823 <a href="http://www.morethanjustachoir.org">www.mor ethanjustachoir.org</a></td>
<td>Harrow Samaritans Harrow, Middlesex 020 8427 7777 <a href="http://www.samaritans.org">www.samaritans.org</a></td>
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### Harrow Shared Lives Community Health and Wellbeing
Tel 020 8736 6070
sharedlives@harrow.gov.uk

### Help in a Crisis
Central North West London Single Point of Access
(known as CNWL SPA)
Provides a first point of contact for people seeking information on accessing adult mental health services in Harrow.
Tel 0800 0234 650
cnw-tr.spa@nhs.net

### Hestia
A London charity, working together with adults & children in crisis to change their lives when they most need support.
www.hestia.org

### Mind in Harrow
First Floor, 132-134 College Road, Harrow, Middlesex, HA1 1BQ
Monday-Friday 020 8426 0929
info@mindinharrow.org.uk
directory.mindinharrow.org.uk
Also available: Befriending Scheme
Monday, Wednesday or Thursday or leave a message on 020 8426 0969
Harrow User Group. Monday-Friday 020 8515 7968
Stepping Stones (education and leisure project) Monday -Thursday 020 8515 7879

### Bentley House Harrow
020 8424 7701
Can allocate a personal budget to your care if they decide support is needed. Can be referred through GP or can call SPA line initially on 0800 0234 650. Line open 24/7.
SPA can pass details onto Bentley House who will open doors to other areas of support.

### Occupational Therapy Team, CNWL
Harrow Mental Health Service
Northwick Park Hospital
020 8869 2302

### Kooth
kooth.com
An online counselling and emotional well-being platform for children and young people. Accessible through mobile, tablet and desk top. Free at the point of use. Available to under 25s.

### Harrow Clinic, Vincent Square Eating Disorder Service, CNWL
Northwick Park Mental Health Centre, Tel 020 8869 5499
If urgent call SPA - 0800 0234 650

### VoiceAbility Harrow
Crown House, North Circular Road, London
020 8900 2221
harrowadvocacy@voiceability.org

### Need to Talk at Wiseworks
Marborough Hill, Harrow
020 8863 8704
info@needtotalk.london
www.needtotalk.london

### Wiseworks Programme of day services/work rehabilitation
Marborough Hill, Harrow
020 8863 8704
wiseworks@harrow.gov.uk

### Anxiety UK
Tel 08444 775 774 (helpline)
07537 416 905 (text service)

### Dementia UK
0800 888 6678

### Mental Health Foundation
www.mentalhealth.org.uk

### The Mix - Support for under 25s
0808 808 4994

### Mind
Advice and info 0300 123 3393
Or text 86463
https://www.mind.org.uk

### National Centre for Eating Disorders
0845 838 2040
admin@ncfed.com
www.eating-disorders.org.uk

### OCD Action Helpline and Email Service
0845 390 6232
support@ocdaction.org.uk
0845 390 6232 or 020 7253 2664

### Place2Be
School-based mental health support
enquiries@place2be.org.uk
www.place2be.org.uk

### Relate
www.relate.org.uk
The Royal Foundation of The Duke and Duchess of Cambridge and Prince Harry Heads Together Campaign
www.royalfoundation.com

### Retail Hub
(If work in retail)
www.retailtrust.org.uk

### Rethink Mental Illness
Advice and info 0300 5000 927
info@rethink.org
www.rethink.org

### Samaritans
www.samaritans.org
020 8802 5544 (parents helpline)
020 7089 5050 (other enquiries)

### SANE
info@sane.org.uk
www.sane.org.uk
4.30-10.30pm daily. For anyone over 16 affected by mental illness. Voluntary. Helpline 0300 304 7000

### Sound Minds
020 7207 1786
Contact Paul Brewer
Wandsworth mainly but some services available to those in Greater London.

### The Centre for Mental Health
020 7827 8300
www.centreformentalhealth.org.uk

### Together (MACA)
020 7780 7300

### Tourettes Action
0300 777 8427

### Turning Point
Standon House, 21 Mansell Street, London, E1 8AA

### Voice Collective Team, Mind in Camden, Camden Road, London
020 7911 0822

### Young Minds
020 386 2105
www.youngminds.org.uk
Parent Helpline: 0888 802 5544

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**For more information, or to update any of the information on this leaflet, please email paul.amuzie@citizensuk.org**

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