

## 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, 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. **DO TAKE A PHOTO OF ANY INFORMATION IF YOU WOULD LIKE TO.**



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.

<p><b>Adult and Community Family Learning</b> Based at Harrow Civic Centre <a href="http://www.harrow.gov.uk">www.harrow.gov.uk</a> 020 8901 2691 <a href="mailto:learnharrow@harrow.gov.uk">learnharrow@harrow.gov.uk</a></p>	<p><b>Alexandra Avenue Health and Social Care Centre</b> 020 8966 6300 Contact Centre Manager - <a href="mailto:e.brown@communityhealthpartnerships.co.uk">e.brown@communityhealthpartnerships.co.uk</a> 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</p>	<p><b>Bluebird Care (Harrow)</b> 020 8861 2574 Mon-Fri 9am-5.30pm <a href="mailto:harrow@bluebirdcare.co.uk">harrow@bluebirdcare.co.uk</a> For anyone who needs care in their own home particularly elderly people, those suffering from disabilities, mental health issues, dementia, short term respite and post operative support.</p>	<p><b>Bridge Recovery Day Service</b> Christchurch Avenue, Wealdstone 020 8427 8528 <a href="mailto:thebridge@rethink.org">thebridge@rethink.org</a> For people with mental health problems to receive help towards recovery.</p>
<p><b>Calm (Campaign Against Living Miserably)</b> Dedicated to preventing male suicide. Nationwide: 0800 585858 London: 0808 802 5858 5pm-midnight 365 days a year Webchat available.</p>	<p><b>The Pinn Medical Centre</b> 37 Love Lane, Pinner HA5 3EE <a href="https://www.thepinn.co.uk">https://www.thepinn.co.uk</a> 020 8866 5766 Monday to Sunday 8am-8pm, everyday. Doors close at 7.45pm. Call 111 out of hours. Walk in service, even if you are not registered as their patient.</p>	<p><b>Community Mental Health Teams, CNWL</b> 2nd floor Bentley House, 15-21 Headstone Drive, Harrow 0800 0234 650 For people who need more intensive care in the community.</p>	<p><b>CNWL Single Point of Access (SPA)</b> 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.) Can also make enquiries on behalf of a family member or friend. If you wish to refer yourself, initially see your GP.</p>
<p><b>Citizens Advice Bureau</b> 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.harrowcab.org.uk">www.harrowcab.org.uk</a></p>	<p><b>Clinical Health Psychology, Northwick Park Hospital, CNWL</b> Watford Road, Harrow 020 8869 2326/2324 9am-5pm Monday-Friday For adults 18+ living in Harrow.</p>	<p><b>CNWL Talking therapies - Harrow</b> 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></p>	<p><b>The Disability Foundation</b> Brockley Hill, Stanmore 020 8954 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> A registered charity that provides complimentary therapy services to disabled people, anyone suffering from a chronic health issue or medical condition, as well as those involved in their care, including NHS staff.</p>
<p><b>Educational Psychology Service</b> Civic 5 &amp; 6, Harrow Civic Centre, Station Road, Harrow, HA1 2XY 020 8051 8380 <a href="mailto:educationalpsychology.service@harrow.gov.uk">educationalpsychology.service@harrow.gov.uk</a> Children and up to aged 25 with SEN or disabilities and other vulnerable young people. Referral via a professional. Eg teacher</p>	<p><b>Resourceful Women's Network (known as Harrow Women's Centre)</b> helping women to support themselves and their families. <a href="mailto:resourcefulwomensnetwork@gmail.com">resourcefulwomensnetwork@gmail.com</a> <a href="http://www.resourcefulwomensnetwork.org">www.resourcefulwomensnetwork.org</a> g Call Karina 07414 932902</p>	<p><b>Harrow Carers</b> Pinner Road, Harrow 020 8868 5224 <a href="mailto:admin@harrowcarers.org">admin@harrowcarers.org</a> <a href="http://www.harrowcarers.org">www.harrowcarers.org</a> Monday-Friday 9am-5pm walk in at anytime For carers who live in Harrow or care for someone in Harrow.</p>	<p><b>Harrow Communities Click</b> Contact Leah on 020 8426 0929. Can you offer someone in the community a skill? What can someone do for you? For example: gardening, cooking. Credits are gained and skills are learnt from others. <a href="http://hcommunitiesclick.timebanking.org/contact.php">http://hcommunitiesclick.timebanking.org/contact.php</a> Or call 020 8861 9191</p>
<p><b>Harrow Child and Adolescent Mental Health Services (CAMHS). CNWL</b> Northolt Road, Harrow 020 8869 4500 <a href="http://www.cnwl.nhs.uk/service/harrow-camhs/">www.cnwl.nhs.uk/service/harrow-camhs/</a> <a href="mailto:ashtreeclinic@nhs.net">ashtreeclinic@nhs.net</a> Monday-Friday 9am-5pm Children and young people 0-18</p>	<p><b>Harrow Clinic, Vincent Square Eating Disorder Service, CNWL</b> Northwick Park Mental Health Centre. 020 8869 5499 If urgent call SPA - 0800 0234 650</p>	<p><b>Harrow Hoarders Project</b> Civic Centre, Station Road, Harrow 020 8420 9448 <a href="mailto:carlton.thomas@harrow.gov.uk">carlton.thomas@harrow.gov.uk</a></p>	<p><b>Harrow Home Treatment Team, CNWL</b> Northwick Park Hospital 020 8869 2690 Emergency access via CNWL SPA 0800 0234 650</p>

<p><b>Harrow Memory Services + Harrow Older People Community Mental Health Team</b> 020 8424 7728 <a href="https://www.cnwl.nhs.uk/service/harrow-memory-services">https://www.cnwl.nhs.uk/service/harrow-memory-services</a></p>	<p><b>Harrow Rethink Support Group, Newsletter and Social Activities</b> 07761 417879 <a href="mailto:harrowsupportgroup@rethink.org">harrowsupportgroup@rethink.org</a></p>	<p><b>More Than Just A Choir -'aka Harrow Community Choir'</b> 07399 025823 <a href="http://www.morethanjustachoir.org">www.morethanjustachoir.org</a> <b>Can contact via form on website</b></p>	<p><b>Harrow Samaritans</b> Harrow, Middlesex 020 8427 7777 <a href="http://www.samaritans.org">www.samaritans.org</a> <a href="https://www.samaritans.org/branches/harrow">https://www.samaritans.org/branches/harrow</a></p>
<p><b>Harrow Shared Lives Community Health and Wellbeing</b> 020 8736 6070 <a href="mailto:sharedlives@harrow.gov.uk">sharedlives@harrow.gov.uk</a></p>	<p><b>Occupational Therapy Team, CNWL</b> Harrow Mental Health Service Northwick Park Hospital 020 8869 2302</p>	<p><b>Hestia</b> A London charity, working together with adults &amp; children in crisis to change their lives when they most need support. <a href="http://www.hestia.org">www.hestia.org</a> <a href="mailto:info@hestia.org">info@hestia.org</a> Call Reception 020 7378 3100</p>	<p><b>Jami UK</b> Deansbrook Road, Edgware 020 8458 2223 <a href="mailto:info@jamiuk.org">info@jamiuk.org</a> Usually open 9am-5pm <a href="http://www.jamiuk.org">www.jamiuk.org</a> For members of the Jewish community experiencing mental health issues.</p>
<p><b>Mind in Harrow</b> First Floor, 132-134 College Road, Harrow, Middlesex, HA1 1BQ Monday-Friday <b>020 8426 0929</b> <a href="mailto:info@mindinharrow.org.uk">info@mindinharrow.org.uk</a> <a href="http://directory.mindinharrow.org.uk">directory.mindinharrow.org.uk</a> Befriending Scheme Mon, Wed or Thurs or leave a message on 020 8426 0909. Harrow User Group. Mon-Fri <b>020 8515 7868</b>. Stepping Stones (education and leisure project) Mon-Thurs <b>020 8515 7879</b></p>	<p><b>Bentley House Harrow</b> 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 <b>0800 0234 650</b>. Line open 24/7. SPA can pass details onto Bentley House who will open doors to other areas of support.</p>	<p><b>Help in a Crisis</b> 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. <b>0800 0234 650</b> <a href="mailto:cnw-tr.spa@nhs.net">cnw-tr.spa@nhs.net</a></p>	<p><b>Kooth</b> <a href="http://www.kooth.com">www.kooth.com</a> 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.</p>
<p><b>VoiceAbility Harrow</b> Crown House, North Circular Road, London 020 8900 2221 <a href="mailto:harrowadvocacy@voiceability.org">harrowadvocacy@voiceability.org</a></p>	<p><b>Wiseworks Programme of day services/ work rehabilitation</b> Marlborough Hill, Harrow 020 8863 8704 <a href="mailto:wiseworks@harrow.gov.uk">wiseworks@harrow.gov.uk</a></p>	<p><b>Need to Talk at Wiseworks</b> Marlborough Hill, Harrow 020 8863 8704 <a href="mailto:info@needtotalk.london">info@needtotalk.london</a> <a href="http://www.needtotalk.london">www.needtotalk.london</a></p>	<p><b>Emergency Duty Social Worker Team</b> Harrow Civic Centre, Station Road, 020 8424 0999</p>

#### National Support

<p><b>Anxiety UK</b> <a href="https://www.anxietyuk.org.uk">https://www.anxietyuk.org.uk</a> 08444 775 774 (helpline) 07537 416 905 (text service)</p>	<p><b>Dementia UK</b> 0800 888 6678 <a href="http://www.dementiauk.org/">www.dementiauk.org/</a></p>	<p><b>Mental Health Foundation</b> <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>	<p><b>The Mix</b> Support for under 25s <a href="http://www.themix.org.uk">www.themix.org.uk</a> 0808 808 4994</p>
<p><b>Mind</b> Advice and info <b>0300 123 3393</b> Or text <b>86463</b> <a href="https://www.mind.org.uk">https://www.mind.org.uk</a></p>	<p><b>National Centre for Eating Disorders</b> <b>0845 838 2040</b> <a href="mailto:admin@ncfed.com">admin@ncfed.com</a> <a href="http://www.eating-disorders.org.uk">www.eating-disorders.org.uk</a></p>	<p><b>Samaritans</b> <a href="http://www.samaritans.org">www.samaritans.org</a> <b>020 8802 5544</b> (parents helpline) <b>020 7089 5050</b> (other enquiries)</p>	<p><b>Place2Be</b> School-based mental health support <a href="mailto:enquiries@place2be.org.uk">enquiries@place2be.org.uk</a> <a href="http://www.place2be.org.uk">www.place2be.org.uk</a></p>
<p><b>Relate</b> <a href="http://www.relate.org.uk">www.relate.org.uk</a></p> <p><b>The Royal Foundation</b> <a href="http://www.royalfoundation.com">www.royalfoundation.com</a></p> <p><b>Heads together support</b> <a href="http://www.headstogether.org.uk/get-support/">http://www.headstogether.org.uk/get-support/</a></p>	<p><b>SANE</b> <a href="mailto:info@sane.org.uk">info@sane.org.uk</a> <a href="http://www.sane.org.uk">www.sane.org.uk</a> 4.30-10.30pm daily. For anyone over 16 affected by mental illness. Voluntary helpline <b>0300 304 7000</b></p>	<p><b>Sound Minds</b> <b>020 7207 1786</b> Contact Paul Brewer. Wandsworth mainly but some services available to those in Greater London.</p>	<p><b>OCD Action Helpline and Email Service</b> Confidential and unbiased service offering help and information. Mon-Fri. 9.30am-5pm <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a> <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a> <b>0845 3906232</b> or <b>020 7253 2664</b></p>
<p><b>Retail Trust</b> (If work in retail) <a href="http://www.retailtrust.org.uk">www.retailtrust.org.uk</a> Improving lives through emotional, physical, vocational and financial wellbeing. <b>0808 801 0808</b></p>	<p><b>Rethink Mental Illness</b> Advice and info <b>0300 5000 927</b> <a href="mailto:info@rethink.org">info@rethink.org</a> <a href="http://www.rethink.org">www.rethink.org</a></p>	<p><b>Papyrus UK</b> For under 35s support with thoughts of suicide for self and others. <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> <b>Call 0800 068 4141</b> Text: 07786 209697 <a href="mailto:pat@papyrus-uk">pat@papyrus-uk</a></p>	<p><b>Together (MACA)</b> Together for well being <b>020 7780 7300</b> <i>Use location finder to search for mental health service near you.</i> <a href="https://www.together-uk.org">https://www.together-uk.org</a></p>
<p><b>Tourettes Action</b> <a href="http://www.tourettes-action.org.uk">www.tourettes-action.org.uk</a> <b>0300 777 8427</b></p>	<p><b>Turning Point, London</b> Provides range of health and well being services. Eg mental health <a href="http://www.turning-point.co.uk">www.turning-point.co.uk</a> see website for online form for help</p>	<p><b>Voice Collective Team</b> Mind in Camden <b>020 7911 0822</b> <a href="http://www.voicecollective.co.uk">http://www.voicecollective.co.uk</a> Supports younger people who see visions or hear voices.</p>	<p><b>Young Minds</b> <b>020 386 2105</b> <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> Parents Helpline: <b>0808 802 5544</b></p>