

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 PHOTOGRAPH 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>Adult and Community Family Learning Based at Harrow Civic Centre www.harrow.gov.uk 020 8901 2691 learnharrow@harrow.gov.uk</p>	<p>Alexandra Avenue Health and Social Care Centre 020 8966 6300 Contact Centre Manager - e.brown@communityhealthpartnerships.co.uk 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>Bluebird Care (Harrow) 020 8861 2574 Mon-Fri 9am-5.30pm Email-harrow@bluebirdcare.co.uk 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>The Bridge Recovery Club Christchurch Avenue, Wealdstone 020 8427 8528 thebridge@rethink.org</p>
<p>Calm (Campaign Against Living Miserably). Dedicated to preventing male suicide. Nationwide: 0800 585858 London: 0808 802 5858 5pm-midnight 365 days a year Webchat available.</p>	<p>The Pinn Medical Centre 37 Love Lane, Pinner HA5 3EE 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. (Note: this may soon change to booking in advance appointments.) No phone advice weekends.</p>	<p>Community Mental Health Teams, CNWL 2nd floor Bentley House, 15-21 Headstone Drive, Harrow 0800 0234 650 For people who need more intensive care in the community.</p>	<p>CNWL Single Point of Access (SPA) 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.</p>
<p>Citizens Advice Bureau For advice on benefits, debt, housing, legal issues etc. 020 8427 9477 advice@citizensadviceharrow.org.uk www.harrowcab.org.uk</p>	<p>Clinical Health Psychology, Northwick Park Hospital, CNWL Watford Road, Harrow 020 8869 2326/2324 9am-5pm Monday-Friday For adults 18+ living in Harrow.</p>	<p>CNWL Talking therapies - Harrow Station Road, Harrow 020 8515 5015 email harrow.iapt@nhs.net and website www.cnwltalkingtherapies.org</p>	<p>The Disability Foundation Brockley Hill, Stanmore 020 8954 7373 info@tdf.org.uk www.tdf.org.uk</p>
<p>Educational Psychology Service Civic 5 & 6, Harrow Civic Centre, Station Road, Harrow, HA1 2XY 020 8051 8380 educationalpsychology.service@harrow.gov.uk Children and up to aged 25 with SEN or disabilities and other vulnerable young people. Referral via a professional. Eg teacher</p>	<p>Emergency Duty Social Worker Team Harrow Civic Centre, Station Road, Harrow 020 8424 0999</p>	<p>Harrow Carers Pinner Road, Harrow 020 8868 5224 admin@harrowcarers.org www.harrowcarers.org Monday-Friday 9am-5pm walk in at anytime For carers who live in Harrow or care for someone in Harrow.</p>	<p>Harrow Communities Click 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.</p>
<p>Harrow Child and Adolescent Mental Health Services (CAMHS). CNWL Northolt Road, Harrow 020 8869 4500 www.cnwl.nhs.uk/service/harrow-camhs/ ashtreeclinic@nhs.net Monday-Friday 9am-5pm Children and young people 0-18</p>	<p>Harrow Clinic, Vincent Square Eating Disorder Service, CNWL Northwick Park Mental Health Centre. 020 8869 5499 If urgent call SPA - 0800 0234 650</p>	<p>Harrow Hoarders Project Civic Centre, Station Road, Harrow 020 8420 9448 carlton.thomas@harrow.gov.uk</p>	<p>Harrow Home Treatment Team, CNWL Northwick Park Hospital 020 8869 2690 Emergency access via CNWL SPA 0800 0234 650</p>

<p>Harrow Memory Services + Harrow Older People Community Mental Health Team 020 8424 7728</p>	<p>Harrow Rethink Support Group, Newsletter and Social Activities 07761 417879 harrowsupportgroup@rethink.org</p>	<p>More Than Just A Choir -'aka Harrow Community Choir' 07399 025823 www.morethanjustachoir.org</p>	<p>Harrow Samaritans Harrow, Middlesex 020 8427 7777 www.samaritans.org</p>
<p>Harrow Shared Lives Community Health and Wellbeing 020 8736 6070 sharedlives@harrow.gov.uk</p>	<p>Occupational Therapy Team, CNWL Harrow Mental Health Service Northwick Park Hospital 020 8869 2302</p>	<p>Hestia A London charity, working together with adults & children in crisis to change their lives when they most need support. www.hestia.org</p>	<p>Jami UK Deansbrook Road, Edgware 020 8458 2223 info@jamiuk.org Usually open 9am-5pm www.jamiuk.org For members of the Jewish community experiencing mental health issues.</p>
<p>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 0909 Harrow User Group. Monday-Friday 020 8515 7868 Stepping Stones (education and leisure project) Monday -Thursday 020 8515 7879</p>	<p>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.</p>	<p>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. 0800 0234 650 cnw-tr.spa@nhs.net</p>	<p>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.</p>
<p>VoiceAbility Harrow Crown House, North Circular Road, London 020 8900 2221 harrowadvocacy@voiceability.org</p>	<p>Wiseworks Programme of day services/ work rehabilitation Marlborough Hill, Harrow 020 8863 8704 wiseworks@harrow.gov.uk</p>	<p>Need to Talk at Wiseworks Marlborough Hill, Harrow 020 8863 8704 info@needtotalk.london www.needtotalk.london</p>	<p>Take a photo of any information on this double sided directory if you would like to! Please also share information with anyone who may find it of use.</p>

National Support

<p>Anxiety UK 08444 775 774 (helpline) 07537 416 905 (text service)</p>	<p>Dementia UK 0800 888 6678</p>	<p>Mental Health Foundation www.mentalhealth.org.uk</p>	<p>The Mix - Support for under 25s www.themix.org.uk 0808 808 4994</p>
<p>Mind Advice and info 0300 123 3393 Or text 86463 https://www.mind.org.uk</p>	<p>National Centre for Eating Disorders 0845 838 2040 admin@ncfed.com www.eating-disorders.org.uk</p>	<p>Samaritans www.samaritans.org 020 8802 5544 (parents helpline) 020 7089 5050 (other enquiries)</p>	<p>Place2Be School-based mental health support enquiries@place2be.org.uk www.place2be.org.uk</p>
<p>Relate www.relate.org.uk The Royal Foundation of The Duke and Duchess of Cambridge and Prince Harry Heads Together Campaign www.royalfoundation.com</p>	<p>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</p>	<p>Sound Minds 020 7207 1786 Contact Paul Brewer. Wandsworth mainly but some services available to those in Greater London.</p>	<p>OCD Action Helpline and Email Service Confidential and unbiased service offering help and information. Mon-Fri. 9.30am-5pm www.ocdaction.org.uk support@ocdaction.org.uk 0845 3906232 or 020 7253 2664</p>
<p>Retail Hub (If work in retail) www.retailtrust.org.uk</p>	<p>Rethink Mental Illness Advice and info 0300 5000 927 info@rethink.org www.rethink.org</p>	<p>The Centre for Mental Health 020 7827 8300 www.centreformentalhealth.org.uk</p>	<p>Together (MACA) Together for well being 020 7780 7300</p>
<p>Tourettes Action 0300 777 8427</p>	<p>Turning Point Standon House, 21 Mansell Street, London, E1 8AA</p>	<p>Voice Collective Team, Mind in Camden, Camden Road, London 020 7911 0822</p>	<p>Young Minds 020 386 2105 www.youngminds.org.uk Parents Helpline: 0808 802 5544</p>