

Harrow Mental Health Support Services for Children + Young People up to age 25

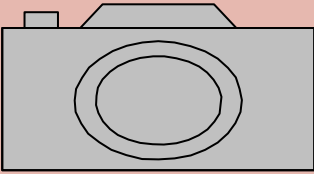

PLEASE TAKE A PHOTO OF ANY INFORMATION IF YOU WOULD LIKE TO.

We are **Harrow Citizens**, a group of volunteers from local Churches, Mosques, Synagogues and schools who have found that the mental health and well being of children and young people 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.

<p>The Mix Support for under 25s www.themix.org.uk 0808 808 4994 Confidential and free support for under 25s via online, social and mobile. Confidential Webchat counselling available for 10-18 year olds.</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 you live in Harrow by calling own Harrow GP or call NHS 111</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>Harrow Horizons – Barnardos www.barnardos.org.uk/harrowhorizons 020 8427 1322 Support for children and young people in Harrow who need help to improve their emotional health and well being. Self referral.</p>
<p>The Wish Centre (Harrow) Provides support through their Safe2speak counselling service. www.thewishcentre.org.uk 020 8416 7277 A peer support group for young females who self harm. Young people need to be attending a school in Harrow to use this service.</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>Young Minds Support Line Emotional support for children, young people and adults. www.youngminds.org.uk 01708 765200 info@supportline.org.uk</p>	<p>Compass (Harrow) If you are experiencing difficulties associated with your own or another person's drug or alcohol use. adminharrow@compass-uk.org 020 8861 2787</p>
<p>Citizens Advice Bureau For advice on benefits, debt, housing, legal issues etc. www.harrowcab.org.uk 020 8427 9477 advice@citizensadviceharrow.org.uk</p>	<p>HeadsUp (Mind in Harrow) Confidential service for young people 14-25 For support with resilience, mental health and to build self esteem. info@mindinharrow.org.uk 020 8426 0929 or 020 8515 7853</p>	<p>Kids Can Achieve Supporting children, young people and their families with special needs and disabilities. www.kidscanachieve.co.uk 020 8420 2300</p>	<p>The Disability Foundation Brockley Hill, Stanmore www.tdf.org.uk 020 8954 7373 info@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 Young Carers Pinner Road, Harrow www.harrowcarers.org 020 8868 5224 youngcarers@harrowcarers.org Monday-Friday 9am-5pm. For carers who live, or care for someone in Harrow. Free services and activities for carers aged 5-17 eg meet others, trips + activities</p>	<p>Harrow Rethink Support Group Volunteers can offer 18-25 year olds advice, help, mutual support and access to information. 07766 331604 Newsletter and social activities harrowsupportgroup@rethink.org</p>

<p>Jami UK Deansbrook Road, Edgware www.jamiuk.org 020 8458 2223 info@jamiuk.org Usually open 9am-5pm For members of the Jewish community experiencing mental health issues.</p>	<p>Harrow Child and Adolescent Mental Health Services (CAMHS). CNWL Northolt Road, Harrow www.cnwl.nhs.uk/service/harrow-camhs/ 020 8869 4500 ashtreeclinic@nhs.net Monday - Friday. 9am-5pm. Children and young people 0-18 Referral via a professional eg GP</p>	<p>Harrow Samaritans Harrow, Middlesex www.samaritans.org 020 8427 7777</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 Referral via a professional eg GP</p>
<p>Harrow 0-19 Health Visiting Service Milman's Grove Avenue HA5 5PF https://www.cnwl.nhs.uk/service/harrow-0-19-health-visiting-service 020 3317 2555 You can self refer. Contact if worried about: - Your child's health and development - Your own ability to cope due to stress or ill health - Other family problems affecting your children</p>	<p>Mind in Harrow First Floor, 132-134 College Road, Harrow, Middlesex, HA1 1BQ Monday – Friday. Aged 18+ info@mindinharrow.org.uk directory.mindinharrow.org.uk 020 8426 0929 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>Please take a photo of any information on this double sided directory if you would like to.</p> 	 <p>Please also share information with anyone who may find it of use.</p>

National Support

<p>Childline www.childline.org.uk 0800 11111</p>	<p>National Centre for Eating Disorders www.eating-disorders.org.uk 0845 838 2040 admin@ncfed.com</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>Place2Be School-based mental health support www.place2be.org.uk enquiries@place2be.org.uk</p>
<p>Rethink Mental Illness Advice and information www.rethink.org 0300 5000 927 info@rethink.org</p>	<p>Samaritans www.samaritans.org 020 8802 5544 parents' helpline. 020 7089 5050 other enquiries.</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>Relax Kids www.relaxkids.com Offers training in relaxation and mindfulness, classes and resources in the field of relaxation. Online tools to manage wellbeing eg printable calendar, sheets.</p>