

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.



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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| <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) Tel 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 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.</p> | <p>Community Mental Health Teams, CNWL 2nd floor Bentley House, 15-21 Headstone Drive, Harrow Tel 0800 0234 650 For people who need more intensive care in the community.</p> | <p>Clinical Health Psychology, Northwick Park Hospital, CNWL Watford Road, Harrow Tel 020 8869 2326/2324 9am-5pm Monday-Friday For adults 18+ living in Harrow.</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>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.</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 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.</p> | <p>Emergency Duty Social Worker Team Harrow Civic Centre, Station Road, Harrow 020 8424 0999</p> | <p>Harrow Carers Pinner Road, Harrow Tel 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 Early Intervention in Psychosis Team. CNWL The Pembroke Centre, Pembroke Road, Ruislip Manor 01895 627762 https://www.cnwl.nhs.uk/service/harrow-and-hillingdon-early-intervention-service/</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 Tel 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> |

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| <p>Harrow Shared Lives Community Health and Wellbeing 020 8736 6070 sharedlives@harrow.gov.uk</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>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>Occupational Therapy Team, CNWL Harrow Mental Health Service Northwick Park Hospital 020 8869 2302</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 Clinic, Vincent Square Eating Disorder Service, CNWL Northwick Park Mental Health Centre, Tel 020 8869 5499 If urgent call SPA - 0800 0234 650</p> | <p>VoiceAbility Harrow Crown House, North Circular Road, London 020 8900 2221 harrowadvocacy@voiceability.org</p> | <p>Need to Talk at Wiseworks Marlborough Hill, Harrow 020 8863 8704 info@needtotalk.london www.needtotalk.london</p> | <p>Wiseworks Programme of day services/ work rehabilitation Marlborough Hill, Harrow 020 8863 8704 wiseworks@harrow.gov.uk</p> |

National Support

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| <p>Anxiety UK Tel 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>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 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>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>Samaritans www.samaritans.org 020 8802 5544 (parents helpline) 020 7089 5050 (other enquiries)</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>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> |