**Harrow Mental Health Support Services for Children and Young People**

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.*

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### The Mix
- **Support for under 25s**
  - [www.themix.org.uk](http://www.themix.org.uk)
  - [0808 808 4994](tel:+448088084994)
- Confidential and free support for under 25s via online, social and mobile.
- Confidential Webchat counselling available for 10-18 year olds.

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### Alexandra Avenue Health and Social Care Centre
- **Support Line**
  - [01708 765200](tel:+441708765200)
- Emotional support for children and young adults.

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### The Pinn Medical Centre
- **Contact Centre Manager**
  - e.brown@communityhealthpartnerships.co.uk
- **Tel**
  - [020 8866 5766](tel:+442088665766)
- 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.

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### The Wish Centre (Harrow)
- Provides support through their Safe2speak counselling service.
  - [www.thewishcentre.org.uk](http://www.thewishcentre.org.uk)
  - [020 8416 7277](tel:+442084167277)
- A peer support group for young females who self harm.
- Young people need to be attending a school in Harrow to use this service.

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### The Disability Foundation
- Contact: [Brockley Hill, Stanmore](www.tdf.org.uk)
  - [020 8954 7373](tel:+442089547373)
  - info@tdf.org.uk
- [Kids Can Achieve](www.kidscanachieve.co.uk)
  - [020 8420 2300](tel:+442084202300)
- Supporting children, young people and their families with special needs and disabilities.

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### Heads-up (Mind)
- **Confidential service for young people 14-25**
- For support with resilience, mental health and to build self esteem.
  - [info@mindinharrow.org.uk](mailto:info@mindinharrow.org.uk)
  - [020 8426 0929](tel:+442084260929) or [020 8515 7853](tel:+442085157853)

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### Citizens Advice Bureau
- For advice on benefits, debt, housing, legal issues etc.
  - [www.harrowcab.org.uk](http://www.harrowcab.org.uk)
  - [020 8427 9477](tel:+442084279477)
  - advice@citizensadviceharrow.org.uk

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### 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.
- Referral via a professional. eg Teacher.

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### Emergency Duty Social Worker Team
- Harrow Civic Centre, Station Road, Harrow
  - [020 8424 0999](tel:+442084240999)

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### Harrow Horizons – Barnardos
- [www.barnardos.org.uk/harrowhorizons](http://www.barnardos.org.uk/harrowhorizons)
  - [020 8427 1322](tel:+442084271322)
- Support for children and young people in Harrow who need help to improve their emotional health and well being.
- Self referral.

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### Harrow Rethink Support Group
- Newsletter and social activities
  - harrowsupportgroup@rethink.org
### 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

### Harrow Early Intervention in Psychosis Team. CNWL
The Pembroke Centre, Pembroke Road, Ruislip Manor
01895 627762
Referral via a professional eg GP

### Harrow Samaritans
Harrow, Middlesex
www.samaritans.org
020 8427 7777

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

### 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.

### Mind in Harrow
First Floor, 132-134 College Road, Harrow, Middlesex, HA1 1BQ
Monday - Friday
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

### 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
Referral via a professional eg GP

### National Support

<table>
<thead>
<tr>
<th>Service</th>
<th>Website</th>
<th>Contact Numbers</th>
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</thead>
<tbody>
<tr>
<td>Childline</td>
<td><a href="http://www.childline.org.uk">www.childline.org.uk</a></td>
<td>0800 11111</td>
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<tr>
<td>National Centre for Eating Disorders</td>
<td><a href="http://www.eating-disorders.org.uk">www.eating-disorders.org.uk</a></td>
<td>0845 838 2040 <a href="mailto:admin@ncfed.com">admin@ncfed.com</a></td>
</tr>
<tr>
<td>OCD Action Helpline and Email Service</td>
<td><a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a></td>
<td>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> 0845 3906232 or 020 7253 2664</td>
</tr>
<tr>
<td>Rethink Mental Illness</td>
<td><a href="http://www.rethink.org">www.rethink.org</a></td>
<td>0300 5000 927 <a href="mailto:info@rethink.org">info@rethink.org</a></td>
</tr>
<tr>
<td>Samaritans</td>
<td><a href="http://www.samaritans.org">www.samaritans.org</a></td>
<td>020 8802 5544 parents’ helpline. 020 7089 5050 other enquiries.</td>
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<tr>
<td>Tourettes Action</td>
<td>0300 777 8427</td>
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<tr>
<td>Relax Kids</td>
<td><a href="http://www.relaxkids.com">www.relaxkids.com</a></td>
<td>Offers training in relaxation and mindfulness, classes and resources in the field of relaxation. Online tools to manage wellbeing eg printable calendar, sheets.</td>
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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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