



For better
mental health

Mind in Harrow
8 Havelock Place
Harrow
HA1 1LJ

T: 020 8426 0929

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Reg. Charity No: 1067480

Counselling Services

Service Name	Waiting	Charges	Telephone	Referral
Adult Clinical Psychology Service For adults 18+ living in Harrow	2-3 months	No	020 8869 2325 (dept. secretary) 020 8869 2324	Written referral from Consultant Psychiatrist or GP
Brief Psychological Intervention and Counselling Service (BICS) We aim to see people with anxiety, depression and adjustment reactions. These tend to be of a mild nature, which doesn't require input from other mental health services. e.g. psychiatrists, drug or alcohol services, or psychology.		None	020 8869 2325	is through members of the primary care team. To attend workshops call the Clinical Psychology Department or by referral from the GP
Communicare Counselling Service Anyone who is motivated towards counselling or therapy for themselves, regardless of their background, and providing that our assessment process concludes that counselling is appropriate and helpful for the person rather than some other resource. Counselling is offered to those with any belief system and none and it is policy never to prevent anyone from obtaining counselling on the grounds of cost.		£30 per session. All payments can be negotiated in regard to the clients means	01895 256056	Clients can be referred by health care professionals, or be self-referrals. Initial contact should be made through the phone.



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<p>Contraceptive and Reproductive Health Service Free service for local residents and others. Includes young peoples' service for the under 25s.</p>		None	020 8863 7004	self-referral by telephone to get an appointment or attend drop-in times. Professional referrals from Harrow and Brent.
<p>Counselling Services Direct Anyone in the community who is 18 years and above who is seeking counselling. We deal with most issues.</p>		Fees start from £40 rates vary at weekends	0207 912 1492	Clients can be referred either through their GPs or through other referring agencies. Clients are also welcome to self refer.
<p>Cygnets Hospital Harrow A psychiatric clinic, with in-patient, day patient, and outpatient care provided. We accept people from across the country.</p>		Outpatient consultation with psychiatrist £240 per hour, inpatient £516 per day. Counselling/Psychotherapy from £55 per hour. Psychologist £120 for initial assessment.	020 8966 7000	Referral from GP or other professional, also self-referral accepted. Referral by telephone, letter, e-mail, fax.
<p>Disability Foundation Our service is for disabled people, including people with mental health problems, and for their families and their carers.</p>		Prices range between £5 - £38.	020 8954 7373, 020 8954 7413 (minicom)	Self-referral or other. For some disabilities and treatments we require a referral letter from the hospital specialist or GP. Please contact us for details as you will need to apply for membership.
<p>EACH (Ethnic Alcohol Counselling In Hounslow / Harrow) Our service is for minority ethnic people, primarily Asian, who live in Harrow or Hounslow. We operate an open access policy and support anyone regardless of race, creed, sexuality, gender, religion and age.</p>		None	020 8861 3884	Self-referral or professional referral. Referrals by telephone, letter, fax, e-mail, or open door.



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Educational Psychology Service Children from 0-19 many of whom have special and/or additional educational needs. We work with schools, parents, carers preschool staff and other health and social care staff.		No	020 8966 6480	Most are through schools and preschool settings, but we will always talk to parents and professionals about an issue.
Harrow Carers Carers of people with mental health problems.		None	020 8868 5224	Open referral by phone, in person, letter, etc.
Harrow Child and Adolescent Service A service for families with children 0-17.5 years old where there are concerns about the child's emotional, behavioural and overall social development.		None	020 8966 6479	Referral from GP, Social Care, Schools, Paediatrician. By telephone or referral form. No self-referrals.
Harrow College Counselling Service Students 16-19 years old and adult learners across campus, whether full or part-time.		None	020 8909 6352, 020 8909 6032 (minicom)	Self-referral and any tutor or staff member working with students. Referral by open door, telephone.
Harrow Counselling Centre People come to HCC in order to address emotional, personal or relationship problems. These include: Lack of confidence, difficulties in sustaining relationships, bereavement and other losses, physical illness, difficulty in expressing feelings, loneliness, psycho-sexual problems, depression, stress at work, women's issues, anxiety, anger, lack of clear aims in life, issues relation to abuse.		Initial Assessment £20.00 unemployed and on benefits. Household income under £30,000 £40.00. Household income over £30,000 - £60.00 Counselling Sessions Minimum fee £15.00 then based on household income.	0208 423 8454 9.00am – 1.00pm every weekday and 07976 938042 – Outside office hours	Self-referral by phone or the internet. G.P., hospital and other medical professionals.



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<p>Harrow Drug And Alcohol Service Harrow Residents, users and carers who want advice, information or treatment. You can contact us if you are concerned about a friend or family member.</p>		None	020 8869 4500	Self referral you can come to an open drop in clinic Mon-Fri (10am - 4pm). Fri 10am-1pm is Women only. Appointments are available on request. Professional referrals taken by letter or phone.
<p>HART Anyone living in Harrow and Hillingdon affected by HIV and AIDS.</p>		Nominal charge for meals and social events only. For counselling a contribution of £5.00 is requested but not obligatory. All other services are free.	01895 810 233 , 01895 813 874	If you wish to take up any of the services that HART provides you can telephone the office between 10am-4pm to book an appointment. We may be able to assist you with transport if you are a Harrow resident. Individuals can self-refer. Any outside professionals/voluntary agencies can refer. Please note that nobody new can attend without telephoning first and making an appointment.
<p>Learning Disability Team (Counselling Service) Children and adults with learning disabilities, their parents and carers within the Borough of Harrow. Aims to promote mental health and well-being and support personal growth through increasing self-awareness, choice and control.</p>		Free	020 8424 1019	Open referral system but consent will need to be sought from the person. Self-referrals are encouraged. Application by telephone, referral form or letter. Following referral an initial session is offered to see how we might be of help.
<p>Older Adults Psychology Department Harrow only residents, over 65yrs. Living in the borough of Harrow with mental health problems.</p>	There is a waiting list.	None	020 8424 7709	Referral from GPs, psychiatrist, and Community Mental Health Team. Referrals by letter.



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Psychosexual Counselling Service Men, women and young people in Harrow experiencing sexual difficulties. Service to individuals and couples.		None	020 8863 7004	GP referral required for the psycho-sexual service. (Harrow and Brent)
Psychotherapy Service (Northwick Park Hospital) Adults who are significantly mentally disturbed, with difficulties in their personalities and/or interpersonal relationships, living in Harrow.		None	020 8869 3602	Referrals from Psychiatrists, G.P's, Care Co-ordinators and Psychologists. Referrals sent by letter.
Relate London NW Relationship counselling and sex therapy for adults over 16 years. Family mediation for anyone going through separation or divorce. Life skills training for adults and young people in schools. We cover 4 boroughs: Harrow, Brent, Ealing, Hillingdon and Uxbridge.		Sliding scale from 0 - £50 per session depending on income. Financial assistance for those on income support please telephone for details.	020 8427 8694 (appointments)	Self-referral.
Stanmore College Counsellor Students and staff of Stanmore College		Free to staff and students	020 8420 7766, 020 8420 7700 (General Student Services)	Self referral or tutor referral.
Women's Centre Harrow Our service is for women in Harrow and surrounding areas.		Drop-in advice and domestic violence advice is free, legal advice and pregnancy testing by donation. Counselling negotiable fee on a sliding scale approx £2.50-£15 per session.	020 8422 1100	Self-referral or agency. Refer by telephone, open door, letter, e-mail, fax.



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Yakeen Counselling Service The services are for Asian Women aged 18+ residing in the LB Harrow.		None	020 8427 6796	Self-referral. Social Services, GP's, psychiatrists, Mind, health visitors etc. Referral by telephone, open door. If you leave a message on our answering machine we will contact you.