

headsup

safe place
to **be yourself**



Young person's wellbeing & support services in Harrow



Funded by:



Central and
North West London
NHS Foundation Trust

This guide is designed to help young people in Harrow find suitable support for your wellbeing and various challenges you may be facing in life.

If you are struggling with your mental health, you can talk to your GP who will help you navigate your options including services available through the NHS.

There are also lots of charities and other organisations offering support, free of charge or at a low cost.

As well as this guide, there are two online resources providing comprehensive lists of local services:

- harrowlocaloffer.co.uk
- youngharrowfoundation.org/young-people

Contents

The HeadsUp partnership	3
School services	5
Mental wellbeing support	6
SEND	9
Culturally-specific services	11
LGBT+	13
Young Carers	14
Employment and Education	15
Sexual and Reproductive Health	16
Adult services (18+)	17
Crisis Information and Helplines	19
Apps	20



HeadsUp is a partnership of 5 local charities offering specialist mental health support to young people

Our service is tailored to the needs of the young person, a variety of support including one-to-one and groups are available

HeadsUp is coordinated by Mind in Harrow. You can contact us for referrals to any of our services, or for more information about support available in Harrow.

We specialise in supporting young people who:

- have diagnosed or suspected ADHD or autism
- are LGBT+ or are questioning their sexuality and/or gender
- are from a refugee, asylum-seeking or migrant background
- self-harm

Phone: 020 8515 7853
Email: headsup@mindinharrow.org.uk
Opening hours: Monday-Friday 9am-5pm
Website: headsup-nwl.org





The Centre for ADHD and Autism Support is there to support you as an ADHD or autistic young person and offer you a space to share any worries or concerns from pre-and post- diagnosis. CAAS run peer awareness sessions and specialist workshops for parents/carers to help those around you understand more about the differences and difficulties you experience. adhdandautism.org



Mosaic LGBT Young Persons' Trust is there to provide mental health support, help you understand your sexual or gender identity and socialise with other LGBT+ young persons (aged 11-18). You can access: online counselling, LGBT+ mentoring, youth club, events and activities like the Social Action Programme and Drag Academy www.mosaictrust.org.uk



Paiwand can help you if you are from a refugee, migrant or asylum-seeking background, aged 11-25 from Harrow, Brent or Hillingdon. Services are there to help you and your family improve your wellbeing, manage stress, and build your confidence and resilience as you learn to adapt to emerging challenges. You can also access immigration and housing advice. www.paiwand.com



At The WISH Centre you can access open-ended psychotherapy and therapy groups if you are experiencing self harm. WISH is open to young people aged 13-21 living or at school in Harrow. thewishcentre.org.uk

School Services

Harrow's primary and secondary schools and colleges are well set up to support students' mental health needs. You can speak to your teacher, form tutor or head of year to find out what is available in your school.

Your school may have:

- Designated Mental Health Lead
- Mental Health Support Team: qualified practitioners who can provide individual support to students experiencing anxiety, stress or low-mood.
- School Nurses
- School counsellors and wellbeing departments
- Educational Psychologists: work with schools to find the best support for students with more complex needs.

Mental wellbeing support

Harrow Horizons

Age	0-18 years (up to 25 if SEND)
Support offered	Counselling and therapy for children and young people with mild to moderate mental health needs who live or have a GP in Harrow
Email	harrowhorizons@annafreud.org_

Kooth

Age	11-25 years
Support offered	Online counselling and wellbeing support from qualified counsellors
Website	www.kooth.com

The WISH centre

Age	13-21 years
Specialism	Young people experiencing self-harm
Support offered	Psychotherapy, therapy groups and art therapy groups
Website	thewishcentre.org.uk

Ignite Youth

Age	11-24 years
Specialism	Marginalised and disadvantaged young people, including those involved in the criminal justice or social care systems.
Support offered	<ul style="list-style-type: none">• education and employment support• mentoring• sports• criminal justice
Website	www.ignitetrust.org.uk

Hestia

Age	12+ young people and adults
Specialism	Those experiencing domestic abuse, modern slavery and mental health needs
Support offered	<ul style="list-style-type: none">• Refuges and safe homes• Disability support• Drug and alcohol support• Accommodation for young people with complex needs• Advocacy
Website	www.hestia.org

Compass

Age	5-24 years
Specialism	Confidential support for your own or others' drug and alcohol (substance) use
Website	www.compass-uk.org

Advocacy 1st

Age	Children and young people in Harrow
Specialism	Advocacy is there to help you understand your rights and assist you in speaking up about the care and treatment you receive
Website	www.communityconnex.co.uk/advocacy-1st

The Coves

Age	16+
Specialism	Individuals experiencing crisis or mental distress
Support offered	A welcoming, safe and supportive space, self-directed support plans, advice and support
Contact	Drop in 2pm-10pm Monday to Sunday Carramea Centre, 27 Northolt Road, South Harrow, London, HA2 0LH
Website	https://www.cnwl.nhs.uk/services/coves

SEND services

Centre for ADHD & Autism Support (CAAS)

Age	11-25 years
Specialism	Young people with a diagnosis of ADHD or Autism residents of Harrow and Hillingdon
Support offered	One-to-one support, arts therapy groups, courses to understand your diagnosis, family support
Website	adhdandautism.org

Arts for Life Project

Age	6-25 years
Specialism	Young people with complex hidden needs and their families
Support offered	One-to-one support, skills for life courses, arts therapy groups
Website	artsforlifeproject.org

HAD (Harrow Association for Disabled people)

Age	All ages
Support offered	Advocacy, Autism mentoring, deaf services, independent living, training for work and employment
Website	www.had.org.uk

Kids can achieve

Age	5-25 years
Specialism	Children and young people with learning disabilities, physical disabilities, autism and complex communication needs
Website	www.kidscanachieve.co.uk
Contact	Call 020 8420 2300

The disability foundation

Age	Children and adults of all ages
Support offered	Complementary therapies to disabled people with chronic conditions, including those involved in their care
Website	tdf.org.uk
Contact	Phone: 020 8954 7373 Email: info@tdf.org.uk

Youth Connex

Age	5-18 years
Specialism	Harrow, Hillingdon and Brent based, with and without additional needs
Support offered	Club sessions and trips including residentials, after school, on Saturdays and in the holidays
Website	www.communityconnex.co.uk/youth-connex

Culturally-specific services

Paiwand

Age	11-30 and adults
Specialism	Refugees, people seeking asylum and unaccompanied minors in North West London
Support offered	<ul style="list-style-type: none">• Counselling• Psycho-educational support groups• Support for parents and carers,• Immigration and housing support
Website	www.paiwand.com

Coffee Afrique

Age	16-24
Specialism	Young black men across London
Support offered	<p>A variety of pathways with equalities, rough sleeping, diversity and inclusion training and mental health focus from lived experience experts.</p> <p>Opportunities include one-to-one and group mentoring, sports, and co-creating economic and restorative justice possibilities</p>
Website	www.coffeeafrique.co.uk

JAMI

Age	Primarily for adults, JAMI are setting up a new children and young person's service
Specialism	Members of the Jewish community facing mental health challenges
Support offered	Community hubs, training, bespoke recovery plans, emergency support
Website	www.jamiuk.org

Supplementary Schools

Alridha	Islamic Saturday school for primary-aged children. alridha.org/education
Organisation of Young Africans	Saturday school for African and African-Caribbean heritage aged 10-16. www.oja-org.uk
Shishukunj	Sunday schools for 5-18 year olds with a philosophy rooted in Indian culture and Hind spirituality www.shishukunj.org.uk/our-centres
Zawiyah	Islamic Sunday school for children and young adults aged 5-16. Fees of £10 per session zawiyah.co.uk

LGBT+ Services

Mosaic LGBT+ Young Person's Trust

Age	12-25 years
Specialism	LGBT+ and questioning your gender or sexual identity
Support offered	<ul style="list-style-type: none">• Counselling and mentoring• Youth Club• Events and activities
Website	www.mosaictrust.org.uk

Mermaids

Age	Children and young people until age 20 and students aged 18-25
Specialism	Trans, non-binary and gender-diverse children and young people and their families
Support offered	<ul style="list-style-type: none">• Online Youth Forum• Activist programme• Helpline• Webchat and live chats
Website	mermaidsuk.org.uk
Contact	Helpline for under 20s: 0808 801 0400 18-24 students helpline: 0808 8010 424 Monday-Friday 9am - 9pm

LGBT+ Support & Counselling across London

London Friend	londonfriend.org.uk
ELOP	www.elop.org
Spectra	spectra-london.org.uk
Metro	metrocharity.org.uk

Young Carers

Harrow Young Carers

Age	Age 17 and under
Specialism	<p>If you are under 18 and look after someone with a physical or mental health problem, you might not think of yourself as a young carer but you probably are!</p>
Support offered	<ul style="list-style-type: none">• school drop ins• monthly outings• residential trips• one-to-one support• family support
Website	harrowcarers.org/young-carers
Contact	<p>Phone: 020 8868 5224 Email: admin@harrowcarers.org</p>

Employment and Training

Harrow Youth Stop

Age	16-24 years
Specialism	Young people looking for education, employment and training advice and support
Support offered	<ul style="list-style-type: none">• Careers advice• Practice help like CV writing• Interview support• Helping you understand and access opportunities
Website	<u>harrowyouthstop.careers</u>

Spear

Age	16-24
Specialism	Young people looking for employment, training or education
Support offered	A free programme to help you realise your potential and get you into work
Website	<u>resurgo.org.uk/spear-programme</u>

Sexual & reproductive health

Caryl Thomas Clinic (NHS)

Specialism	Clinical contraception and sexual health services
Website	www.nwlondonsexualhealth.nhs.uk/clinics_community_caryl_thomas.php

Terrence Higgins Trust (THT)

Age	Under 25s
Support offered	Sexual health services and support for people impacted by HIV
Contact	THT Compass and Prospects Young People's Services, 21 Pinner Road, Harrow, HA1 4ES Call 07741 385 591 Email info.ONWL@tht.org.uk

Naz

Specialisms	Sexual health support for black and ethnic minority communities
Support offered	<ul style="list-style-type: none">• HIV care and support• Counselling services for people living with HIV, facing relationship difficulties and LGBTQI+
Website	naz.org.uk

Adults services (18+)

Mind in Harrow

Specialisms	Services and advice for anyone facing mental health challenges in Harrow
Support offered	<ul style="list-style-type: none">• mental health advocacy• befriending• volunteering opportunities and the Harrow User Group• Stepping Stones daytime courses• South Asian group and Somalian group
Website	mindinharrow.org.uk
Contact	020 8426 0929

Need to talk

Specialism	Support for adults looking to improve their mental health
Support offered	Low-cost one-to-one counselling services
Website	needtotalk.london

Rethink

Specialism

Adults living with mental illness, their family, friends and carers in Harrow.

Support offered

- Support group monthly meetings
- One-to-one support, group work and outreach at The Bridge
- Drop-ins

Contact

Call 020 8427 7669

Email harrowcommunity@rethink.org

Address

The Bridge, Christchurch Avenue, HA3 5BD
Monday-Friday, 9am-5pm

Harrow Talking Therapies (IAPT)

Age

18+

Specialism

Adults who live or have a GP in Harrow with mild-moderate mental health need

Website

talkingtherapies.cnwl.nhs.uk/harrow

Contact

Email harrow.iapt@nhs.net

Phone 020 8515 5015

Crisis & information helplines

The Mix

Specialism	Everyone under 25 in the UK
Support offered	Advice for any challenges: mental health, money, homelessness, employment, relationships, drugs
Website	themix.org.uk
Contact	0808 808 4994

Papyrus

Specialism	Under 35s experiencing suicidal thoughts or self-harm
Website	www.papyrus-uk.org
Contact	Call 0800 068 4141 Text 07 860 039 967

Samaritans

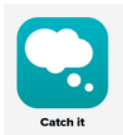
Specialism	Anyone in emotional distress, struggling to cope, or at risk of suicide in the UK, or if you're worried about someone else
Support offered	24 hour support through a helpline and email service
Contact	Call 116 123 Email jo@samaritans.org

Apps



Calm Harm

provides tasks that help you resist or manage the urge to self-harm. You can add you own tasks too and it's completely private and password protected.



Catch It

Catch It uses CBT techniques to help you to change the way you think and feel about things. This is useful for anyone who struggles with feelings like anxiety, low mood, anger and confusion. It can help you to look at problems in a different way, and challenge negative thinking styles.



Chill Panda

This app helps you learn to relax and manage your worries. It can measure your heart rate and suggest tasks to suit your state of mind. For example, it includes simple breathing techniques and light exercises to take your mind off your worries.



Headspace

This is an app that teaches mindfulness and meditation. Mindfulness and meditation have been shown to reduce stress and improve sleep. The app is guided meaning someone will be talking you through the exercises. It offers 10 days free on the app which you can use repeatedly.

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[@headsup_nwl](https://www.instagram.com/headsup_nwl)



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