

**Pls note: if you require support, please remember to speak to your family/GP or speak to a trusted adult at school. *We are here to support you.***

<b>ADD: Barnado's Tiger Light:</b> Specialist short-term intervention (7-10 weeks) for children and young people (under 18) who have been a victim of sexual abuse or assault	<b>Telephone:</b> 0207 790 4621 Email: <a href="mailto:tigerservices@barnados.org.uk">tigerservices@barnados.org.uk</a> <b>Website:</b> <a href="https://www.barnados.org.uk/what-we-do/services/tiger-light-nwl">https://www.barnados.org.uk/what-we-do/services/tiger-light-nwl</a> <b>Address:</b> Rosalind Green hall, Stepney Green London E1 3LE
<b>Bereavement Care:</b> Bereavement Care is an established charity. Their services are for bereaved children and adults and are free of charge.	<b>Address:</b> The Lodge, 64 Pinner Road, Harrow HA1 4HZ <b>Phone:</b> 020 8427 5720 Email: <a href="mailto:admin@bereavementcareandsupport.co.uk">admin@bereavementcareandsupport.co.uk</a> <b>Website:</b> <a href="http://www.bereavementcareandsupport.co.uk">www.bereavementcareandsupport.co.uk</a>
<b>Caryl Thomas Clinic:</b> Free sexual health services for young people.	<b>Address:</b> Headstone Drive, Wealdstone, Harrow HA1 4UQ <b>Telephone:</b> 02038938575020 3893 85750 <b>Website:</b> <a href="http://www.nwlondonsexualhealth.nhs.uk">www.nwlondonsexualhealth.nhs.uk</a> <b>Email:</b> <a href="mailto:LNWH-tr.HarrowSRH@nhs.net">LNWH-tr.HarrowSRH@nhs.net</a>
<b>CAMHS SPA:</b> (Single Point of Access) Crisis telephone support for families and professionals.	<b>Telephone:</b> 08000234 650 <b>Email:</b> <a href="mailto:cnw-tr.spa@nhs.net">cnw-tr.spa@nhs.net</a>
<b>Ceds-Cyp:</b> Community Eating Disorders Service for Children & Young People CAMHS Eating Disorder Team NOTE: Parents and Young People can self-refer.	<b>Address:</b> 1 Nightingale Place, Chelsea, London SW10 9N6 <b>Telephone:</b> 0203 315 3369 <b>Email:</b> <a href="mailto:cnw-tr.CEDS-CYP@nhs.net">cnw-tr.CEDS-CYP@nhs.net</a>
<b>The Centre for ADHD and Autism:</b> The Centre for ADHD and Autism Support (CAAS) is a charity which supports, educates and empowers individuals with ADHD and/or autism, their families and the community.	<b>Address:</b> Television House, 269 Field End Road, Eastcote, HA4 9XA, <b>Email:</b> <a href="mailto:autism@adhdandautism.org">autism@adhdandautism.org</a> / <a href="mailto:adhd@adhdautism.org">adhd@adhdautism.org</a> <b>Website:</b> <a href="http://www.adhdandautism.org">http://www.adhdandautism.org</a>
<b>Compass Harrow:</b> Compass Harrow provides a specialist drug and alcohol treatment service for children and young people up until 24 years that progressively promotes recovery towards stable and productive drug-free lives.	<b>Address:</b> The 21 Building, 21 Pinner Road, Harrow, Middlesex, HA1 4ES <b>Telephone:</b> 020 8861 2787 07860438473 <b>Email:</b> <a href="mailto:adminharrow@compass-uk.org">adminharrow@compass-uk.org</a> <b>Website:</b> <a href="http://www.compass-uk.org/compass-harrow">www.compass-uk.org/compass-harrow</a>
<b>Counselling Directory:</b> Website directory for private counsellors in your local area. There will be a fee determined by each counsellor. Counsellors may be available more readily than through NHS services.	<b>Website:</b> <a href="http://www.counselling-directory.org.uk/">www.counselling-directory.org.uk/</a>
<b>Harrow Child and Adolescent Mental Health Services (CAMHS)</b> The team at Harrow CAMHS provides community mental health services to children and young people up to the age of 18 with complex mental health difficulties, and their families, in a range of different ways depending on their needs.	<b>Address:</b> 322-326 Northolt Road, Harrow, HA2 8EQ Telephone: 020 8869 4500  <b>Website:</b> <a href="http://www.cnwl.nhs.uk/service/harrow-cam">www.cnwl.nhs.uk/service/harrow-cam</a>
<b>Harrow Horizons:</b> Harrow Horizons is there to support children and young people in Harrow who need help to improve their emotional health and wellbeing.	<b>Address:</b> The 21 Building, 21 Pinner Road, Harrow, HA1 4ES Telephone: 0208 427 1322 <b>Email:</b> <a href="mailto:harrowhorizons@barnados.org.uk">harrowhorizons@barnados.org.uk</a> <b>Website:</b> <a href="http://www.barnados.org.uk/harrowhorizons.htm">www.barnados.org.uk/harrowhorizons.htm</a>

<b>Harrow Young Carers:</b> If you are any age up to 17 and look after someone with a physical or mental health problem, you might not think of yourself as a carer but you probably are. There is a whole community of young people like you facing the same day-to-day issues and Harrow Carers are there to support you if you or the person you care for live in Harrow.	<b>Telephone:</b> 0208 868 5224 (ext. 226). <b>Email:</b> <a href="mailto:youngcarers@harrowcarers.org">youngcarers@harrowcarers.org</a>
<b>Heads Up Project:</b> Free and confidential service for young people aged 13-25 in Harrow. Supports young people to improve mental health, resilience and to build self-esteem. Links to CAAS, Mosaic and Paiwand	<b>Telephone:</b> 0208 515 7853 <b>Address:</b> Mind in Harrow, 4th floor, 132-134 College Road, Harrow HA1 1BQ <b>Email:</b> <a href="mailto:headsup@mindinharrow.org.uk">headsup@mindinharrow.org.uk</a>
<b>CNWL Talking Therapies:</b> - IAPT Service Mental health services for students who are 17 years old or over.	<b>Address:</b> 12-14 Station Road, Harrow HA1 2SL <b>Telephone:</b> 0208 5155015 <b>Email:</b> <a href="mailto:harrow.iapt@nhs.net">harrow.iapt@nhs.net</a> <b>Website:</b> <a href="https://www.cnwl.nhs.uk/service/harrow-talking-therapies/">https://www.cnwl.nhs.uk/service/harrow-talking-therapies/</a> <b>Self Referrals:</b> <a href="http://cnwltalkingtherapies.org.uk/referral-harrow">http://cnwltalkingtherapies.org.uk/referral-harrow</a>
<b>Help Harrow:</b> Support for Harrow residents who are impacted by Covid-19	<b>Website:</b> <a href="https://helpharrow.org/">https://helpharrow.org/</a>
<b>Mosaic LGBT</b> Youth Centre Supports, educates and inspires young lesbian, gay, bisexual and trans community of London age thirteen to nineteen. This is done through delivering young person focused services that are designed in full co-operation with their members.	<b>All enquiries:</b> <a href="mailto:info@mosaicyouth.org.uk">info@mosaicyouth.org.uk</a> <b>Telephone:</b> 0800 161 5428
<b>Papyrus:</b> Suicide Prevention Confidential support and advice to young people with thoughts of suicide AND anyone worried about a young person.	<b>Hopeline UK number:</b> 0800 068 4141 <b>Website:</b> <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> <b>Text:</b> 0778 6209697 <b>Email:</b> <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>
<b>The WISH Centre:</b> A counselling service for young people ages 10 – 25 who self-harm or have experienced sexual or domestic violence. Young people can be seen in school or college or at their centre in Harrow	<b>Address:</b> 55 Chicheley Road, Harrow, HA3 6QL <b>Telephone:</b> 020 3137 9044 <b>Email:</b> <a href="mailto:admin@thewishcentre.org.uk">admin@thewishcentre.org.uk</a> / <a href="mailto:safe2speak@thewishcentre.org.uk">safe2speak@thewishcentre.org.uk</a> <b>Website:</b> <a href="http://www.thewishcentre.org.uk/">www.thewishcentre.org.uk/</a>

## Resources for students to use directly without a referral:

<b>KOOTH:</b> ;Online counselling and emotional well-being service online counselling for Young people 11-25	<b>Website:</b> <a href="http://www.kooth.com">www.kooth.com</a>
<b>The Mix Free confidential support for young people:</b> Online support, telephone support and telephone counselling.	<b>Telephone</b> helpline: 0808 8084994 (4pm-11pm daily) <b>Website:</b> <a href="http://www.themix.org.uk">www.themix.org.uk</a> <b>Text:</b> THEMIX TO 85258
<b>SHOUT</b> :Free 24/7 text service for anyone in crisis	<b>Text:</b> SHOUT to 85258

