

PEOPLE LIKE US

A mental health promotion campaign

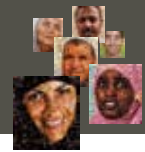
COUNSELLING SERVICES & TALKING THERAPIES

Where to find
help in Harrow



February **2009**

For more information, visit www.peoplelikeus.info



SERVICE NAME

WAITING TIME

CHARGES

TELEPHONE

REFERRAL

Adult Clinical Psychology Service

For adults 18+ living in Harrow

2-3 months

None

020 8869 2325
(department
secretary)

Written referral from
Consultant Psychiatrist
or GP

**Brief Psychological Intervention
and Counselling Service (BICS)**

For adults 18+ in GP surgeries
or community settings

2 months

None

020 8869 2325

Referral 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

For people seeking counselling

2-3 months

£30 ph
(negotiable)

01895 256056

Clients can be referred by
health care professionals,
or be self-referrals. Initial
contact should be made
through the phone.

**Contraceptive and Reproductive
Health Service**

For young people under 25 yrs old

No more than 1
week

None

020 8863 7004

Mainly self-referral by
telephone to get an
appointment or attend drop-
in times. Professional referrals
from Harrow and Brent.

Counselling Services Direct

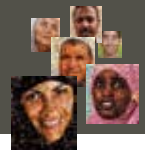
For Anyone in the community
who is 18 years and above
and is seeking counselling

None

Fees start
from £18
depending
on income

0207 912 1492

Clients can be referred
either through their GPs
or through other referring
agencies. Clients are also
welcome to self-refer.



SERVICE NAME

WAITING TIME

CHARGES

TELEPHONE

REFERRAL

Cygnets Hospital Harrow

For anyone experiencing mental health problems

Not more than 1 week

From £55 ph

020 8966 7000

Referral from GP or other professional, also self-referral accepted.
Referral by telephone, letter, e-mail, fax.

Disability Foundation

For disabled people, including mental health

1-2 weeks

£20-£30 ph

020 8954 7373

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.

EACH (Ethnic Alcohol Counselling In Hounslow/Harrow)

For people with alcohol or substance misuse issues

1-2 weeks

None

020 8861 3884

Self-referral or professional referral. Referrals by telephone, letter, fax, e-mail, or open door.

Educational Psychology Service

For children 0-19 yrs old with special/additional needs

Varies

None

020 8966 6480

Most are through schools and preschool settings, but we will always talk to parents and professionals about an issue.

Harrow Carers

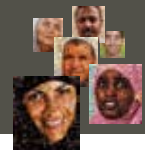
For carers in Harrow

3-4 weeks

None

020 8868 5224

Open referral by phone, in person, letter, etc.

**SERVICE NAME****WAITING TIME****CHARGES****TELEPHONE****REFERRAL****Harrow Child and Adolescent Service**

For children 0-16 yrs old in Harrow

11 weeks

None

020 8966 6479

Referral from GP, Social Worker, schools. By telephone or referral form. No self-referrals.

Harrow College Counselling Service

For students 16-19 yrs old and adult learners

1-2 weeks

None

020 8909 6352

Self-referral and any tutor or staff member working with students. Referral by open door, telephone.

Harrow Counselling Centre

For most people in need of counselling

5 days maximum

£15-50 ph (sliding scale)

020 8423 8454

Self-referral. Phone the office to make an appointment.

Harrow Drug And Alcohol Service

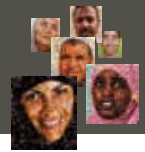
For advice, information and treatment

Drop-in

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.



SERVICE NAME

WAITING TIME

CHARGES

TELEPHONE

REFERRAL

HART

For people affected by HIV & AIDS

1 week

£5 ph
(negotiable)

01895 810 233

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.

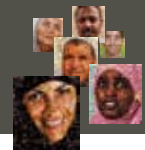
Learning Disability Team
(Counselling Service)

Varied

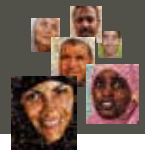
None

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.



SERVICE NAME	WAITING TIME	CHARGES	TELEPHONE	REFERRAL
Older Adults Psychology Department For people over 65 yrs old in Harrow	Within 2 weeks	None	020 8424 7709	Referral from GPs, psychiatrist, and Community Mental Health Team. Referrals by letter. There is a waiting list.
Psychosexual Counselling Service For Counselling offered to under 25's, people experiencing sexual difficulties	6-10/12 weeks	None	020 8863 7004	GP referral required for the psycho-sexual service. (Harrow and Brent)
Psychotherapy Service (Northwick Park Hospital) For Adults with mental health problems	Within 13 weeks	None	020 8869 3602	Referrals from Psychiatrists, G.P's, Care Co-ordinators and Psychologists. Referrals sent by letter.
Relate London NW For relationship & family counselling	2-3 weeks	£0-50 ph (sliding scale)	020 8427 8694 (appointments)	Self-referral.
Stanmore College Counsellor For students & staff of Stanmore College	No more than 1 week	None (for staff/ students)	020 8420 7766	Self referral or tutor referral.
Women's Centre Harrow For open-ended counselling for women only	Max 2-3 months	£2.50-15ph (sliding scale)	020 8422 1100	Self-referral or agency. Refer by telephone, open door, letter, e-mail, fax.



SERVICE NAME

WAITING TIME

CHARGES

TELEPHONE

REFERRAL

Yakeen Counselling Service
For Asian women 18+ in Harrow

2 weeks

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.

BME Mental Health Promotion 'People Like Us' Campaign Summary

Mind in Harrow are currently undertaking a mental health promotion campaign to improve knowledge and understanding of mental health and increase awareness of mental health services among Black and Minority Ethnic (BME) communities in Harrow.

Following three months of research, planning and consultation with Harrow's communities, we have come up with an innovative and exciting campaign, which includes:

- A series of 'People Like Us' posters in key locations
- The unique 'People Like Us' website detailing local services in various languages alongside spiritual images and religious text
- 'People Like Us' advertising on local radio including details of local services
- Local newspaper articles featuring case studies and details about local services
- 'People Like Us' Mental health promotion workshops

The campaign will run from December 2008 to March 2009, following which we will be evaluating its achievements and impact with a view to further mental health promotion follow-up activities in Harrow.

The campaign is funded and supported by NHS Harrow Primary Care Trust, which is lead organisation for local healthcare services and is the NHS body responsible for health services in Harrow.

Telephone: **020 8422 6644**

Website: **www.harrowpct.nhs.uk**

Mind in Harrow is a local charity, which supports people experiencing mental health problems in Harrow to live independent and full lives. Our services include befriending & outings, education and leisure opportunities, refugee and asylum seekers' support, information and advice, volunteer placements. We are committed to involving service users in all our activities and support the Harrow User Group.