



If you require counselling support, there are a variety of local resources for you to contact. Please remember that your GP is a good source of information and may be able to speed up the referral. Likewise, if you share your need with your family and/or Year Co-ordinator, they might be able to help you find support more quickly.

The Centre for ADHD and Autism

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. The centre provides information, training, support groups and practical help to residents in Brent, Harrow, Hillingdon, Ealing and Brent, as well as parts of Hertfordshire.

Age group 0-25 years old

Address Television House, 269 Field End Road, Eastcote, HA4 9XA,

Email autism@adhdandautism.org

Email adhd@adhdautism.org

Website <http://www.adhdandautism.org>

Compass Harrow

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.

Address: The 21 Building, 21 Pinner Road, Harrow, Middlesex, HA1 4ES

Telephone: 020 8861 2787 07860438473

Email: adminharrow@compass-uk.org

Website: www.compass-uk.org/compass-harrow

Contraceptive and Reproductive Health Service

This service provides contraception, including emergency contraception, pregnancy tests and smear tests. It also carries out cervical cytology, preconceptional care and advice, and abortion counselling and referral. The young people's service (for under 25s) includes chlamydia screening and specialised counselling. There is also a psychosexual counselling service.

Address: Caryl Thomas Clinic, Headstone Drive, Wealdstone, HA1 4UQ

Website: www.nwlondonsexualhealth.nhs.uk/clinics_community_caryl_thomas.php

Who is it for: Free service for local residents and others.

Charges: None

How to apply:

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

Counselling Directory

Website directory for private counsellors in your local area. There will be a fee determined by each counsellor

www.counselling-directory.org.uk/

EACH Counselling & Support

Provides service for young people aged 11-18 and older who are concerned for their own or a loved one's wellbeing regarding drug/alcohol use, violence or mental health.

Address: Signal House, 16 Lyon Road, Harrow, HA1 2AG

Telephone: 020 8861 3884

Email: info@eachharrow.org.uk

Website: www.eachcounselling.org.uk/harrow.html

Languages: Harrow offers English, Hindi, Gujarati, Bengali, Farsi and Urdu

Charges: None

Harrow Child and Adolescent Mental Health Services (CAMHS)

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.

322-326 Northolt Road, Harrow, HA2 8EQ

Telephone: 020 8869 4500

Website:

www.cnwl.nhs.uk/service/harrow-camhs/

Harrow Horizons

Harrow Horizons is there to support children and young people in Harrow who need help to improve their emotional health and wellbeing.

Address: The 21 Building, 21 Pinner Road, Harrow, HA1 4ES

Telephone: 0208 427 1322

Email: harrowhorizons@barnardos.org.uk

Website: www.barnardos.org.uk/harrowhorizons.htm

Harrow Young Carers

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.

Telephone: 0208 868 5224 (ext. 226).

Email: youngcarers@harrowcarers.org

Mosaic LGBT 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.

All enquiries: info@mosaicyouth.org.uk

Telephone: 0800 161 5428

Need To Talk, Counselling and Wellbeing Services

Counselling service for young people. Fee paying £18-25/session

Address: 74a Marlborough Hill, Harrow, HA1 1TY

Telephone: 020 8861 6370

Email: info@needtotalk.london

Website: www.needtotalk.london

Paiwand Afghan Association

Mentoring, youth groups, emotional wellbeing support, information & advice for all refugees, migrants and asylum seekers in Brent, Barnet, Ealing and Harrow

Address: Ground Floor, 11 High Street, Edgware, HA8 7EE

Telephone: 020 8905 8770, 07476351734

Email: info@paiwand.com

Website: www.paiwand.com/

Languages: Dari/Farsi, Pashto, Arabic, Urdu, English

The WISH Centre

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

Address: Unit A4, Livingstone Court, Peel Road, Wealdstone, Harrow, HA3 7QT

Telephone: 020 8416 7277 / If you are a young person needing support you can also call or text: 07834477981

Email: admin@thewishcentre.org.uk If you are a young person needing support you can also email: safe2speak@thewishcentre.org.uk

Website: www.thewishcentre.org.uk/