

Mental health and wellbeing services Haringey

Barnet, Enfield and Haringey Mental Health NHS Trust is a provider of mental health and community health services in North London. We serve a population of just over a million people.

The people who use our services often say to us, “We don’t know what advice and support is out there for us?” So as part of our “You Said: We Did” initiative we have pulled together this easy-to-read information guide on the voluntary services available in each borough.

Enablement is our approach to working with you and people who are important to you. We want to enable people who use our services to feel more in control of their mental health.

This means seeing you as a whole person, not just a diagnosis; always aiming to do things with you, rather than doing for or to you; focusing on what you can do, not what you can’t do, and, supporting you to develop skills and access resources which will help you stay well.

The organisations outlined in here can help support you in your journey of recovery.

If you know of an organisation or service that you feel should be included, please let us know and email: **beh-tr.communications@nhs.net** so that we can include this information in future editions of this guide.

 beh-mht.nhs.uk

 [@behmhtnhs](https://twitter.com/behmhtnhs)

 beh-tr.communications@nhs.net

Support groups and organisations who can help:

Art, leisure and recreational	4
Local organisations offering help and support	5
Black and Minority Ethnic and refugee	9
Carers support	11
LGBTQ+ support	12
Young people's services	13
Cross borough organisations offering mental health support	15
National organisations	17
Help now	23


Art, leisure and recreational

Efiba Arts and African Cultural Development (Efiba Arts)

The organisation promotes cultural diversity and integration through arts and education. Efiba Arts engage children and young people after school and during the holidays. They provide support with school work, motivate them to work towards a successful future and help to build their self-confidence. They run workshops, put on productions and offer mentoring services for offenders to prevent reoccurrence.

 efibaarts.org.uk/home


 [email via website](mailto:hello@LordshipHub.org.uk)


 **Unit 12, Enterprise Centre, 639
Tottenham High Road, N17 8AA**

Lordship Hub co-op

The Hub is run by and for the community! You can be a volunteer, sign up to activities (or organise your own), and generally just relax, eat and drink, meet people and enjoy the experience.

 LordshipHub.org.uk

 hello@LordshipHub.org.uk

 **020 8885 5684**

 **Lordship Hub, Lordship Rec,
Off Higham Road,
Tottenham, London, N17 6NU**
(Vehicle entrance off Adams Road, N17 6HE)

Walking Groups


There are a number of walking groups which take place across the borough. They get you moving and active and you might even discover new parts of your local area! Haringey Council have a number of walks on their website which last between 45 minutes - one hour. Enter Walking Groups into the search and you'll find the relevant details if you fancy getting involved.

 haringey.gov.uk

Local organisations offering help and support

IAPT for Long Term Conditions (LTCs)


IAPT for LTCs is a new service in Haringey which supports people living with chronic obstructive pulmonary disease (COPD), breathlessness or diabetes (types 1 & 2) who are also experiencing low mood, stress or anxiety. You can be referred by your GP or self-refer online.


 lets-talk-iapt.nhs.uk/iapt-for-long-term-conditions/

Citizens Advice Haringey District

The organisation tackles all sorts of issues and gives free and confidential advice on money, benefits, housing or employment issues.

 HaringeyCABX.org.uk/

 admin@haringeycabx.org.uk

 **Adviceline: 0300 330 1187**
(Weekdays 10am-1pm & 2pm-4pm)

 **20e Walthoeof Gardens,**
London N17 7DN

Mind in Haringey

MIND offer support to people who have experienced problems with their mental health. They offer advocacy, bereavement counselling, counselling, a wellbeing centre, coping with life workshops, and more. There is a range of volunteering opportunities available.

 MindinHaringey.org.uk

 admin@mih.org.uk


 **020 8340 2474**

 **Station House,**
73c Stapleton Hall Road,
London N4 3QF


The Grove Drug Service

The Grove Drug Treatment Service provide support for people living in Haringey over 18 years old, including 1:1 and group support, substitute prescribing, needle exchange, support in accessing funded treatment for detox, residential rehab or structured day programmes, support for carers, and more.

 blenheimcdp.org.uk/services/the-grove/

 info@hdp.org

 **Tel: 020 8702 6220 or 020 8365 9032**

 **9 Bruce Grove, Tottenham N17 6RA**


BUBIC

A community drug and alcohol service set up by ex-drug users, including support groups, advice, carer support, a café and other activities to help people across Haringey overcome problematic drug use.

 bubic.org.uk

 info@bubic.org.uk

 **020 8808 6550:**

 **9 Bruce Grove,
London N17 6RA**

HAGA Alcohol Service

Counselling, alcohol stabilisation programme, detox service, one-to-one support, and more. This includes drop-In, pre-booked, and home visit appointments.

 haga.co.uk

 Info@haga.co.uk


 **020 8800 6999**

 **171 Park Lane,
London N17 0HJ**

Clarendon Recovery College

The Clarendon Recovery College offers learning and education for people experiencing mental health issues- their main courses are free for all Haringey residents aged 18+. They promote sustained recovery, independence and social inclusion through a variety of group and individual activities. Services open: Monday: 12.30pm - 5pm, Tuesday - Friday: 9am - 5pm. The Centre is not open on Bank Holidays (including Christmas and Boxing Day). At Clarendon Recovery College, there is also The Hideaway Cafe, a quiet, good value, public cafe with free-wifi. The Hideaway cafe is open Monday-Friday, 8.45am to 3.30pm, for tea and coffee, drinks, snacks and lunch.

They are open for enrolment Monday 12.30-4pm and Tuesday to Friday, 10am-4pm. You can also download an enrolment form online:

 haringey.gov.uk/social-care-and-health/mental-health/clarendon-recovery-college

 enrolcrc@haringey.gov.uk

 **020 8489 4860**


 **Clarendon Recovery college,
Clarendon House,
Hornsey N8 0DJ**

Studio 306

A professionally equipped arts and crafts studio for people who are recovering from mental health illness. Facilities for textiles, printmaking, ceramics and jewellery making. To use, you need to be a member of the Clarendon Centre, where your tutor will assess you and refer you to Studio 306 if it is appropriate for you.

 studio306.co.uk/

 306collective@btconnect.com


 020 8365 8477

 4, Collage Artspace, 191 High Rd,
London N22 6DZ


Home Start

Helps families with at least one child under the age of five who may need practical and emotional support. Volunteers visit the family's home for a couple of hours every week and offer support which is right for their needs. Providing parenting courses, mentoring and coaching for those looking for education, employment and more! There are centres in Haringey and Barnet.

 home-start.org.uk/

 info@home-start.org.uk

 0116 464 5490

 Home-Start Haringey, Hackney and
Waltham Forest, 100 Tower Gardens,
Tottenham, London, N17 7QA

Haricare


Haringey directory for adults who need care and support of local organizations and services.


 haricare.haringey.gov.uk

Alzheimer's Society (Haringey)

Providing a Dementia Café and singing for the brain.

 haringey@alzheimers.org.uk


 020 3725 3001

 National helpline: 0300 222 1122

Big Wall Haringey

The service provides online early intervention for people aged 16+ with psychosocial distress. They provide self-management tips and guidance. They also offer live therapy provided virtually. Access to this service is via GPs or IAPT practitioner only.


 BigWhiteWall.com/

 TheTeam@BigWhiteWall.com


 020 3691 1955

Haringey Adult Learning Service (HALS)

Courses for people aged 19+. For most courses you will need to speak to a tutor or advisor, enrol in person, and take an initial assessment. To enrol, please book an initial assessment by contacting HALS reception.

 haringey.gov.uk/jobs-and-training/adult-learning/hals-programme

 020 8489 2596 / 2523

 Second Floor, Wood Green Library,
London N22 6XD


Markfield

An inclusive community hub in Haringey for people to play, socialise, and get information and support. Their work values equality and inclusion for deaf, disabled and autistic people.

 Markfield.org.uk


 enquiries@markfield.org.uk

 0208 800 4134


 Markfield Road, London N15 4RB

Haringey Women's Forum

The organisation is committed to working with women to promote real opportunities. In particular, they provide support for women who face on-going discrimination or disadvantage.

 hwfonline.org.uk

 info@hwfonline.org.uk

 020 8341 2542

 Haringey Women's Forum,
18a Edison Road, Haringey N8 8AE

Black and Minority Ethnic and refugee


Chinese Mental Health Association

Assistance in accessing services for people from the Chinese community with mental health issues and their carers. Offers social activities and counselling.

 cmha.org.uk

 info@cmha.org.uk


 020 7613 1008

 Meritage Centre, Church End,
Hendon, London, NW4 4JT


Farsophone Association


An association promoting support and empowerment for the Iranian community in the UK, including counselling and psychotherapy service, running a Farsophone library (front annex to Edgware library) and providing welfare and legal advice.

 farsophone.org.uk/

 **General enquiries and Welfare & Legal Service**
info@farsophone.org.uk

 020 8905 5522

 **Counselling and psychotherapy:**
counselling@farsophone.org.uk
02089512004


 Edgware Library, Hale Lane,
Edgware, HA8 8NN


IMECE Women's Centre


Work with Black, Minority Ethnic and Refugee women, particularly Turkish, Kurdish and Turkish Cypriot women. They offer advice and support to empower BMER women and improve the quality of their lives.

 imece.org.uk/

 info@imece.org.uk

 **Office Line: 0203 227 3580**


 **Advice and Information Line:**
020 7354 1359

 2 Newington Green Rd, Mildmay
Ward, London N1 4RX

NAFSIYAT

Offers intercultural psychotherapy and counselling in over 20 languages.

 nafsiyat.org.uk/

 admin@nafsiyat.org.uk


 020 7263 6947

 Unit 4, Lysander Mews, N19 3QP


The Multilingual Wellbeing Service

The Multilingual wellbeing service is a voluntary sector provider of mental health services BMER (Black, minority ethnic and refugee) communities in Barnet and the neighbouring boroughs. You can drop by from 9am-5pm for more information or to access the service

 MultilingualWellbeing.org.uk/

 info@multilingualwellbeing.org.uk

 020 8732 6655

 **Multilingual Wellbeing Services,
1st Floor, Advice and Information
Centre Edgware Community Hospital
Burnt Oak Broadway
Middlesex HA8 0AD.**

Wellbeing Connect Services

Provide services to support mental health service users, carers and their children from black and minority ethnic groups in London. This includes support planning & brokerage services, specialist advocacy support, children & family services, training and development, and respite support.

 WellbeingConnectServices.org/

 info@wellbeingconnectsservices.org

 020 8803 2200

 215 Fore St, London N18 2TZ


Carers support


Carers FIRST

Supports unpaid carers living in Haringey, through information, advice and guidance.

Carers FIRST provides a dedicated telephone support service through their Carers Hub. Someone is available to take your call from 9am-5pm Monday to Thursday and 9am-4.30pm on Fridays.

 carersfirst.org.uk/haringey

 info@carersfirst.org.uk


 **0300 303 1555**

 **Drop in sessions:**
Tuesdays 10am — 1pm
Tottenham Town Hall, N15 4RY
Wednesdas 1.30 — 4.30pm
Winkfield Centre, N22 5RP

Carers Coffee Morning

Open to all carers and run by volunteers. A safe space with coffee and cakes, where Carers can talk and support each other. Thursdays 10am—12.30pm


 SueHessel@hotmail.com


 **Abide Church, 145 Park Road,
London N8 8JN**

Haringey Young Carers Project


Regular group activities, trips and outings, and support for people age 5-18 who help care for someone in their family who experiences mental illness, physical illness, disability or drug/alcohol abuse. Haringey Young Carers Project runs a Young Carers group every Monday 5.30pm-7.30pm at Bruce Grove Youth Space.


 haringey.gov.uk/children-and-families/services-young-people/advice-young-people/young-carers


 mark.cullen@haringey.gov.uk

 **07971 309 334**

For further information about support and services available to carers in Haringey, you can contact the First Response Team (adult social services):

 FirstResponseTeam@haringey.gov.uk


 **020 8489 1400**

 **First Response Team, 2nd Floor,
River Park House, Wood Green,
London N22 8HQ**


LGBTQ+ support

LGBT foundation

A National charity delivering advice, support, and information to lesbian, gay, bisexual and trans people.

 lgbt.foundation/how-we-can-help-you


 info@lgbt.foundation


 0345 3 30 30 30


London Friend

London friend aims to promote the mental health and wellbeing of the LGBTQ+ community in and around London- they offer counselling, drug and alcohol support, social and support groups, coming out groups, and more.

 londonfriend.org.uk/

 office@londonfriend.org.uk


 020 7833 1674

 London Friend main office, 86 Caledonian Road, London, N1 9DN

Galop

LGBT+ anti-violence charity, targeting hate crime, sexual violence, domestic abuse, problems with the police and criminal justice system.

 galop.org.uk/

 help@galop.org.uk
referrals@galop.org.uk

 London LGBT+ Advice Line:
020 7704 2040

 National LGBT+ Domestic Abuse Helpline: 0800 999 5428


 Resource For London,
356 Holloway Rd, London N7 6PA

Young people's services

Young Minds

Committed to improving the emotional wellbeing and mental health of children and young people. They offer a parent helpline for any adult worried about the behaviour or mental health of a child or young person up to the age of 25.

 [YoungMinds.org.uk](https://www.YoungMinds.org.uk)

 **Parents Helpline: 0808 802 5544**
Monday to Friday 9.30am – 4pm,
free for mobiles and landlines


Centre Point

The organisation supports more than 10,000 young people experiencing homelessness with housing, health and learning per year. They give the practical and emotional support to find a job and live independently. They also offer a helpline for people aged 16-25 who are homeless or at risk of homelessness

 [Centrepoint.org.uk](https://www.Centrepoint.org.uk)

 **webchat online**


 **0800 587 5158**

 **Helpline 0808 800 0661**
(free, Monday-Friday, 9am-5pm)


Living Under One Sun

Living Under One Sun is a community organisation and charity based in Tottenham- embracing inclusion, equality, and community. They aim to reduce social isolation, poverty, poor health and antisocial behaviour, provide pathways to employment, and promote environmental sustainability, among other things!

 [LivingUnderOneSun.co.uk](https://www.LivingUnderOneSun.co.uk)

 **info@livingunderthesun.co.uk**


 **020 8801 6868**


 **Living Under One Sun,
Neighbourhood Community Centre,
177, Park Lane, London, N17 0HJ**


Gingerbread


A charity providing Support for one parent families. They provide free membership and run local friendship groups. There is also an online forum, or you can read stories and advice from other single parents.


 [gingerbread.org.uk](https://www.gingerbread.org.uk)

 **groups@gingerbread.org.uk**

 **General office number: 0207 428 5400**

 **Support & advice helpline: 0808 802 0925**

 **Groups and peer support enquiries:
0207 428 5434,**

 **High Gate Studios, Highgate Rd,
Kentish Town, London NW5 1TL**

Home Start

Helps families with at least one child under the age of five who may need practical and emotional support. Volunteers visit the family's home for a couple of hours every week and offer support which is right for their needs. Providing parenting courses, mentoring and coaching for those looking for education, employment and more! There are centres in Haringey and Barnet.

 home-start.org.uk

 info@home-start.org.uk


 020 8352 4151

 Home-Start Haringey, Hackney and Waltham Forest, 100 Tower Gardens, TOTTENHAM, London, N17 7QA

The Mix (Formerly Get Connected)

Free confidential and multi-issue helpline service for under 25s who need help, but don't know where to turn. Web chat open from 4pm– 11pm daily.

 themix.org.uk/get-support/speak-to-our-team

 themix.org.uk/get-support/speak-to-our-team/email-us

 0808 808 4994

The Brandon Centre


Offers counselling and psychotherapy, and contraception and sexual health advice for young people aged 12-24 years.

 brandon-centre.org.uk/

 reception@brandoncentre.org.uk

 **General Enquires: 020 7267 4792**

 **Sexual Health: 020 7267 4792**

 **Counselling & Psychotherapy:
020 7267 1321**

 26 Prince of Wales Rd, Kentish Town, London NW5 3LG

Cross borough organisations offering mental health support

Let's Talk IAPT

Barnet, Enfield and Haringey Psychological Therapies Service is a free NHS service providing evidence based talking therapies to people aged 16+. They provide one to one therapy, counselling and group work for worry and low mood.

 lets-talk-iapt.nhs.uk/

VoiceAbility

We support people in Barnet, Enfield and Haringey to have their say about the things that matter to them. Our team will support you to be heard, to understand your rights, choices and options and to make your own decisions. We offer Independent Mental Capacity Advocacy (IMCA) support for Barnet, Enfield and Haringey residents.

 voiceability.org/services/barnet-enfield-and-haringey

 BEH@voiceability.org


 020 8900 2221

First Step Trust

A charity providing work experience, job training and salaried employment for people excluded from working life due to mental health conditions, learning disabilities, drug and alcohol use and other disadvantages.

 FirstStepTrust.org.uk

 katie.ryan@FirstStepTrust.org.uk


 020 8855 7386


College of Haringey, Enfield and North East London

College of further and higher education.

 conel.ac.uk

 courseinfo@conel.ac.uk

 courses: 020 8442 3055


 apprenticeships: 020 8442 3442


 High Rd, Tottenham,
London N15 4RU


Samaritans north London


Enfield, Haringey and Barnet Samaritans is a branch of Samaritans serving North London; if something is troubling you, get in touch.

 samaritans.org/

 jo@samaritans.org.uk

 **020 8361 6080**
(branch office, usual charges apply)

 **116 123** (national line, free to call)


 **Shaftesbury Hall, Herbert Road,
London N11 2QN**

Relate (North East London)

The independent charity provides relationship counselling, sex therapy, family counselling, and children and young people's counselling.

 relatelnene.org.uk

 enquiries@relatelnene.org.uk

 **01708 441722**

Pohwer Haringey

We offer the following services in Haringey: Independent Health Complaints Advocacy for people who wish to make a complaint about treatment provided under the NHS. Independent Mental Health Advocacy (IMHA)

 pohwer.net/Haringey

 pohwer@pohwer.net


 **0300 456 2370**


National organisations


Anxiety UK

Anxiety UK is a user-led organisation supporting people with anxiety, stress, and anxiety-based depression by providing information, confidential advice, and support. They offer a number of services, including a digital online therapy service (counselling and CBT).

 AnxietyUK.org.uk

 support@AnxietyUK.org.uk


 Infoline: 03444 775 774


 Text service: 07537 416905


BEAT (beating eating disorders)

Supporting anyone affected by eating disorders including carers, friends and family. The service offers information and a helpline for adults and for young people. Online support groups, web chats, and message boards allow you to speak to people with similar experience to your own.

 BeatEatingDisorders.org.uk

 Helpline: 0808 801 0677


 Youthline: 0808 801 0711


 Studentline: 0808 801 0811

Bipolar UK

Practical advice and information is given online, by phone, and by email to anyone who needs it. This includes a Peer support line, an online eCommunity, and employment and crisis support. They also run local support groups, including in Camden and Harrow– to find out which one is nearest to you please visit their website or contact Bipolar UK by phone or email.

 BipolarUK.org/find-a-support-group


 info@bipolaruk.org

 0333 323 3880

CALM Campaign Against Living Miserably

Preventing male suicide. Help and support is provided for men via a helpline and via webchat. Calls are confidential, anonymous and taken by a trained worker who can provide information and signposting.

 TheCalmZone.net/

 0800 58 58 58

ChildLine

24/7 listening, support, and information for children and young people (under 18) on a wide range of issues, accessed by calling the number below. There are message boards and online chats on the website. When you get in contact the counsellor will help you as much as possible to talk about what's wrong. Adults are able to report suspected child abuse.


 [Childline.org.uk](https://www.childline.org.uk)

 **0800 1111**


FRANK

Free and confidential information and advice on drugs for anyone concerned, including relatives, friends and colleagues of those with drug problems.

 [TalkToFrank.com](https://www.talktofrank.com)

 **Call: 0300 1236600**


 **Text: 82111**

 **Live online chat (2–6pm, everyday)**
talktofrank.com/livechat

GamCare

National provider or information, support, advice and free treatment for people affected by gambling (people with a gambling problem and their friends and family). They can provide advice over the phone, online (livechat, 8am-midnight, seven days a week), or through face-to-face counselling. They also platform community forums and chatrooms.


 [GamCare.org.uk](https://www.gamcare.org.uk)

 **0808 8020 133** (8am to midnight, seven days a week)

Harmless

Help for people who self-harm, their friends and families. They provide support, information, and training. This includes face to face support, coping strategies, DVD's, workbooks, and more.

 [Harmless.org.uk](https://www.harmless.org.uk)

 info@harmless.org.uk

National Self Harm Network (NSHN)

Supporting people affected by self-harm, their families and carers through an online forum for support, information, resources, advice, discussions and distractions.


 [nshn.co.uk](https://www.nshn.co.uk)

OCD-UK

National charity run by and for people with OCD, including online support, information and advice. The service also helps you access quality treatment. Becoming a member gives you access to webinars, discounted conference tickets, and a members magazine.


 [OCDDuk.org](https://www.ocduk.org)


 support@OCDDuk.org


 03332 127890


PAPYRUS – prevention of young suicide

They provide confidential help and advice to children, teenagers and young people under 35 who are experiencing thoughts of suicide. They provide support to anyone worried that a young person may be considering suicide. HOPEline: Monday-Friday 10am-10pm; 2pm-10pm weekends and bank holidays.

 [papyrus-uk.org](https://www.papyrus-uk.org)

 pat@papyrus.org.uk


 Call: 0800 068 4141

 Text: 07786 209697

Mankind

Confidential helpline for all men across the UK suffering from domestic violence or abuse from their current or former partner. Both emotional support and practical information.


 [Mankind.org.uk](https://www.mankind.org.uk)


 01823 334 344


Samaritans

Confidential non-judgmental emotional support 24 hours a day. They help people who are experiencing feelings of distress or despair and need someone to talk to.

 [samaritans.org](https://www.samaritans.org)

 116 123 (UK)


 jo@samaritans.org

 Freepost RSRB-KKBY-CYJK,
PO Box 9090, STIRLING, FK8 2SA

Saneline

Helpline offering support and information for people with a mental health condition, their families, friends, and carers.

 sane.org.uk

 **0300 304 7000** 4.30-10.30pm.

 **Saint Marys House,
St Mark's Studios,
14 Chillingworth Rd,
London N7 8QJ**

Solace Women's Aid

Solace Women's Aid offers free advice and support to women and children in London to build safe and strong lives and futures free from abuse and violence.

 SolaceWomensAid.org

 info@solacewomensaid.org

 **Advice helpline 0808 802 5565**

 **Rape crisis helpline 0808 801 0305**

 **24h National domestic violence
helpline 0808 2000 247**

Turning Point


Focused on improving lives and communities. Provides a wide range of health and wellbeing support for a range of conditions including drug or alcohol issues, mental health concerns, and learning disability. This includes residential, drug & alcohol, and mental health services.

 turning-point.co.uk

Young Minds

Committed to improving the emotional wellbeing and mental health of children and young people. They offer a parent helpline for any adult worried about the behaviour or mental health of a child or young person up to the age of 25.

 YoungMinds.org.uk

 **Parents Helpline: 0808 802 5544**
(Monday to Friday 9.30am – 4pm,
free for mobiles and landlines)

Need help now?



Non-emergency health enquiries dial 111

This has replaced NHS Direct as the single number to call for urgent non-emergency health advice. The NHS 111 service does not replace the 999 emergency service for Police, Fire or Ambulance.



The Crisis Resolution Home Treatment team (CRHT) in Haringey can help with urgent mental healthcare needs, 24 hours a day, seven days a week (Lea Unit, St Ann's Hospital).

Patients can self-refer; If you are a patient who needs urgent care between 9am-5pm, Monday-Friday, you should contact your care co-ordinator first. Outside of these hours please call the CRHT team on **020 8702 6700**.



You can contact your local GP or pharmacist for health care advice



**For local enquiries contact
Whittington Hospital
020 7272 3070**

 beh-mht.nhs.uk

 [@behmhtnhs](https://twitter.com/behmhtnhs)

 beh-tr.communications@nhs.net