



NHS
Central and
North West London
NHS Foundation Trust



HARROW COVE

**FREE MENTAL HEALTH SUPPORT FOR
INDIVIDUALS AGED 16+**



**OPEN
EVERYDAY,
14:00 - 22:00**



**A SAFE SPACE FOR
INDIVIDUALS WHO
ARE STRUGGLING TO
COPE WITH THEIR
MENTAL HEALTH.**



To self-refer please use the contacts below.



**Carramea Community Resource Centre, 27
Northolt Road, HA2 0LH**



07407 305206



BH.Cove@hestia.org

Hestia.org/harrow-cove



**NO
APPOINTMENT
NEEDED**

Charity number: 294555
Company number: 02020165

How to access the service

We are open access (individuals can just turn up), or on an appointment basis following a referral made by a professional.

Support and activities will include:

- Advice, information and signposting.
- Drop-ins.
- Scheduled one-to-one support - virtual and/or face-to-face
- The opportunity to develop a safety plan to look after your mental health in the future.
- Peer support.
- Hot drink and snack.
- Group activities: Arts & Crafts, Support Group, Tea & Chat, and Lunch Club.

We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support you to reduce immediate anxiety, formulate individual safety plans to support your mental health and reduce the likelihood of you requiring further assistance from other crisis services.

Nearest tube station is South Harrow (Piccadilly line) and H9/H10/140/114/258/395 bus routes.



Hestia.org



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