



Central and  
North West London  
NHS Foundation Trust



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# HARROW MENTAL HEALTH PARTNERSHIP

<https://youngharrowfoundation.org/HARROWMHP>

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With the support of:



# 01. About the Harrow mental health partnership

A range of FREE new mental health services and resources for young people aged 5-25 is now available in Harrow, thanks to a partnership between Central and North West London NHS Foundation Trust (CNWL, , Harrow Council and Young Harrow Foundation.



Services for 5-15 are focused on 'prevention', working with children and young people (CYP) at risk of escalating to CAMHS and supporting them with general mental health and well-being strategies.

Services available for 16-25s to improve their mental health and wellbeing and provide support tailored to the needs of young adults as they move into adulthood

<https://youngharrowfoundation.org/HARROWMHP>



## 02. Who is involved



The partnership between CNWL NHS Foundation, Harrow Council and Young Harrow Foundation funds 15 voluntary and charitable organisations in Harrow and will be delivered in partnership with local primary and secondary schools, and a range of new community-based services. Parents, schools, GPs, and other professionals who work with children and young people can refer young people directly to support.



Support is for children and young people aged 5 to 25, and ranges from counselling to art therapy and boxing to mentoring and much more.

[CLICK HERE](https://youngharrowfoundation.org/HARROWMHP)



<https://youngharrowfoundation.org/HARROWMHP>







# Free services for students delivered within school

**Primary + Secondary**





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## 03. In-school support

Org	About	Link	Primary / Secondary
	<p>Cognitive behaviour program for young carers. One hour session each week over 8 weeks. Can be delivered in school or in the community.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/dna-v">youngharrowfoundation.org/projects/details/dna-v</a></p>	<p>Primary</p>
	<p>Our new project The Bounce Drama Project: Harrow is offering Primary Schools the opportunity to have a FREE drama and PSHE programme for years 2,3, and 4.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/bounce-drama-pshe-programme-2">youngharrowfoundation.org/projects/details/bounce-drama-pshe-programme-2</a></p>	<p>Primary</p>
	<p>Sweet Science's popular boxing/wellbeing programme is proven to equip children and young people struggling with their emotional health, with a non-violent strategic outlet for their difficult feelings.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/emotional-health-and-wellbeing-support-programme-with-boxing">youngharrowfoundation.org/projects/details/emotional-health-and-wellbeing-support-programme-with-boxing</a></p>	<p>Both</p>
	<p>We are offering 12 schools a programme of weekly 1 hour wellbeing sessions for primary and secondary age children over 6 weeks.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/cyp-emotional-health-and-wellbeing-support-programme">/youngharrowfoundation.org/projects/details/cyp-emotional-health-and-wellbeing-support-programme</a></p>	<p>Both</p>






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## 03. In-school support

Org	About	Link	Primary / Secondary
	<p>The Mental Health Support Teams are an early intervention service who work in partnership with local schools to offer a whole school approach to mental health and wellbeing.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/mental-health-support-teams-in-school">youngharrowfoundation.org/projects/details/mental-health-support-teams-in-school</a></p>	<p>Both</p>
	<p>Our art therapy programme is being offered to primary school children who have been identified as highly likely to be referred to CAHMS by the designated safeguarding lead and special needs coordinator.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/fine-lines-art-project">youngharrowfoundation.org/projects/details/fine-lines-art-project</a></p>	<p>Primary</p>
	<p>At Mind in Harrow we work with a team of young volunteers (aged 18-30) to deliver Wellbeing Workshops (plus assemblies and lessons) to primary and secondary</p>	<p><a href="https://youngharrowfoundation.org/projects/details/peer-led-student-assemblies-and-workshops-1">youngharrowfoundation.org/projects/details/peer-led-student-assemblies-and-workshops-1</a></p>	<p>Both</p>
	<p>The WISH Centre delivers free and confidential therapy and support services for 10 – 19-year-olds. The service is for young people who self-harm, feel suicidal, or have experienced domestic or sexual violence, abuse, or neglect.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/open-ended-therapy-for-young-people">youngharrowfoundation.org/projects/details/open-ended-therapy-for-young-people</a></p>	<p>Secondary</p>

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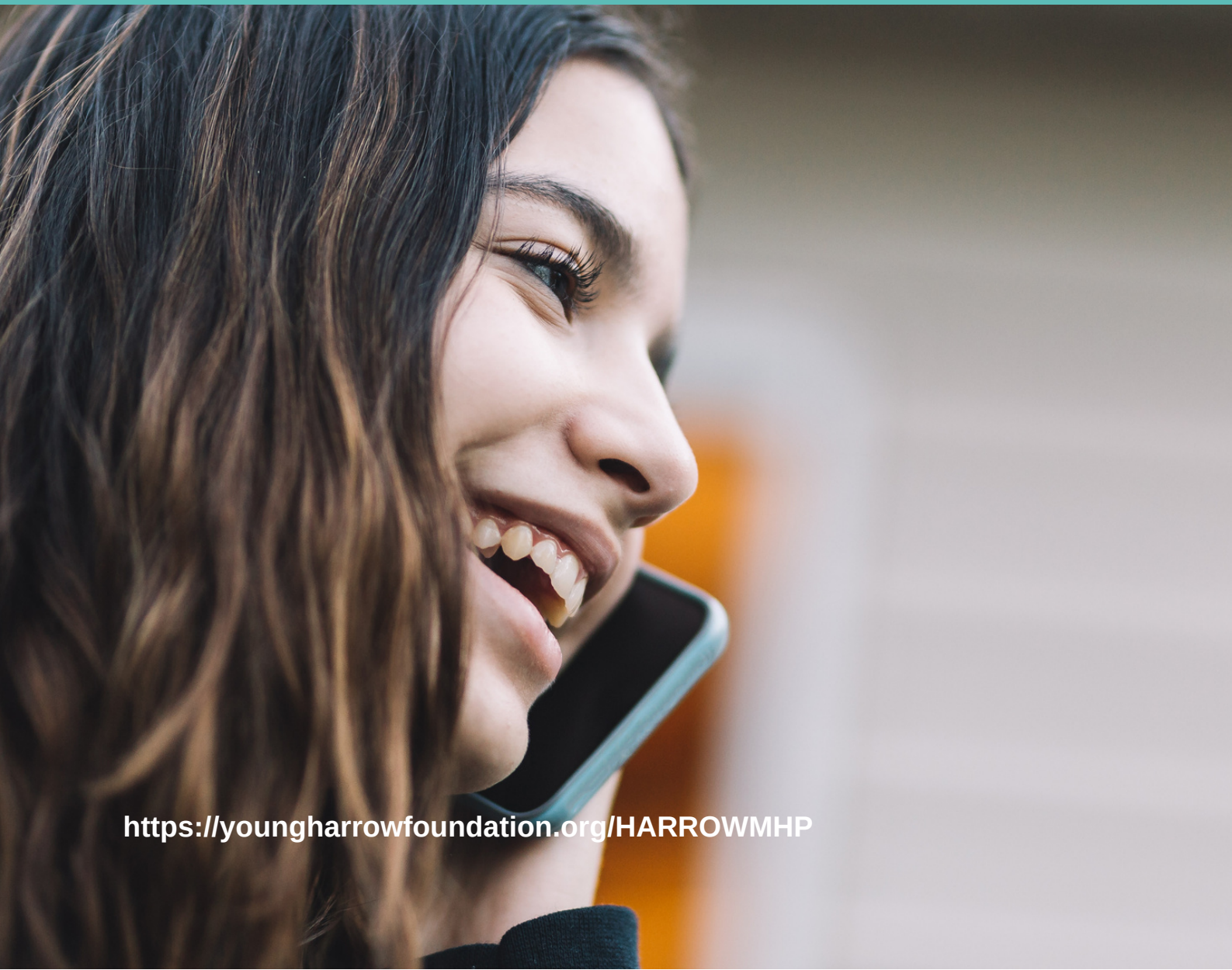
## 03. In-school support

Org	About	Link	Primary / Secondary
	<p>'Face It' is Khulisa's FREE Social and Emotional skills training programme for young people at risk of exclusion. The programme is run within secondary schools.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/face-it-social-and-emotional-skills-training-programme-for-young-people-at-risk-of-exclusion-1">youngharrowfoundation.org/projects/details/face-it-social-and-emotional-skills-training-programme-for-young-people-at-risk-of-exclusion-1</a></p>	<p>Secondary</p>
 <p>Paiwand</p>	<p>As part of the Heads Up Harrow project, Paiwand provides a programme of 3-6 tailored workshops around emotional wellbeing for young refugees, asylum seekers and migrants.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/emotional-well-being-workshop-for-refugees-migrants-1">youngharrowfoundation.org/projects/details/emotional-well-being-workshop-for-refugees-migrants-1</a></p>	<p>Secondary</p>
	<p>LGBT mentoring in schools is a FREE service delivered by registered charity, MOSAIC YOUTH, as part of the Heads Up partnership in Harrow.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/mentoring-3">youngharrowfoundation.org/projects/details/mentoring-3</a></p>	<p>Secondary</p>
	<p>ADHD &amp; Autism Emotional Support Programme aims to support young people aged 11-25 (with a diagnosis of ADHD or autism) at critical transition points, such as transferring to high school, college or work.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/youth-project-2-1">youngharrowfoundation.org/projects/details/youth-project-2-1</a></p>	<p>Secondary</p>
	<p>Together We Thrive programme offers in-house/in-school support to young people who are isolated through mental health challenges.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/the-together-programme">https://youngharrowfoundation.org/projects/details/the-together-programme</a></p>	<p>Secondary</p>



# Free services in the community

11 - 25 yrs






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## 04. Community support

Org	About	Link	Age group
	<p>Harrow Cove is a mental health drop-in offering friendly support to people 16 years+ facing a crisis or distress. Open 365 days 2pm-10pm.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/harrow-cove-mental-health-support">youngharrowfoundation.org/projects/details/harrow-cove-mental-health-support</a></p>	<p>16-25</p>
	<p>The Young Adult Community Navigator helps young people with their goals, offering help with wellbeing, education, employment and support accessing local services</p>	<p><a href="https://youngharrowfoundation.org/projects/details/young-adult-community-navigator">youngharrowfoundation.org/projects/details/young-adult-community-navigator</a></p>	<p>16-25</p>
	<p>Arts based therapy groups for young people experiencing self-harm, anxiety, trauma, isolation or depression</p>	<p><a href="https://youngharrowfoundation.org/projects/details/arts-therapy-group-2">youngharrowfoundation.org/projects/details/arts-therapy-group-2</a></p>	<p>16-25</p>
	<p>This project is to support young black men through empowering peer to peer support and activities to address trauma and create new resilience pathways to transform their lives.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/tree-of-life-and-theory-of-change-for-young-black-men">youngharrowfoundation.org/projects/details/tree-of-life-and-theory-of-change-for-young-black-men</a></p>	<p>16-25</p>

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## 04. Community support

Org	About	Link	Age group
	<p>Kooth is a free text-based counselling and emotional wellbeing platform for children and young people delivered by certified mental health practitioners available until 10.00pm each night, 365 days per year.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/kooth-online-counselling-service">youngharrowfoundation.org/projects/details/kooth-online-counselling-service</a></p>	<p>11-25</p>
	<p>Harrow Carers offer 1 to 1 counselling services to young carers who are aged 16 and over.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/harrow-carers-young-carers-counselling-service-1">youngharrowfoundation.org/projects/details/harrow-carers-young-carers-counselling-service-1</a></p>	<p>16-25</p>
 <p>Paiwand</p>	<p>As part of the Heads Up Harrow project, Paiwand provides individual counselling services for young people that respect, and work with, the cultural and linguistic needs of refugees and asylum seekers.</p>	<p><a href="https://youngharrowfoundation.org/projects/details/counselling-for-refugee-and-migrant-young-people-1">youngharrowfoundation.org/projects/details/counselling-for-refugee-and-migrant-young-people-1</a></p>	<p>13-21</p>

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