

# Mental health and wellbeing services Barnet

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](mailto:beh-tr.communications@nhs.net)** so that we can include this information in future editions of this guide.

 [beh-mht.nhs.uk](http://beh-mht.nhs.uk)

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

 [beh-tr.communications@nhs.net](mailto:beh-tr.communications@nhs.net)

# Support groups and organisations who can help:

<b>Black and Minority Ethnic and Refugee</b>	<b>4</b>
<b>Carers</b>	<b>6</b>
<b>Education, employment, training, volunteering</b>	<b>7</b>
<b>Leisure, social and recreational</b>	<b>8</b>
<b>LGBTQ+</b>	<b>10</b>
<b>Young people and families</b>	<b>11</b>
<b>Local support</b>	<b>14</b>
<b>National support</b>	<b>19</b>
<b>Help now</b>	<b>23</b>

# Black and Minority Ethnic and Refugee groups and services

## Barnet Refugee Service

Supports refugees and asylum seekers in the UK. They provide a wide variety of support including information and advice, legal assistance, English classes, emotional support, various groups and activities, emergency food support, befriending, and advocacy.

 [b-r-s.org.uk](http://b-r-s.org.uk)

 [info@b-r-s.org.uk](mailto:info@b-r-s.org.uk)

 020 8905 9002

 8th Floor, Hyde House,  
Edgware Road,  
London NW9 6LH

## The Chinese Mental Health Association

Provide a range of services for Chinese people with mental health problems including counselling, befriending, housing support, mental health awareness, employment support, and wellbeing/social clubs.

 [cmha.org.uk](http://cmha.org.uk)

 [info@cmha.org.uk](mailto:info@cmha.org.uk)

 020 7613 1008

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

## Enfield Asian Welfare Association

Provides day care centre for Asian elders from Enfield and surrounding boroughs. They also run a healthy living programme which includes activities like swimming.

 [eawa.org.uk](http://eawa.org.uk)

 [info@eawa.org.uk](mailto:info@eawa.org.uk)

 020 8443 1197

 52 Alexandra Road,  
Enfield EN3 7EH

## Farsophone Association

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

 [farsophone.org.uk](http://farsophone.org.uk)

General enquiries,  
welfare and legal service:

 [info@farsophone.org.uk](mailto:info@farsophone.org.uk)

 020 8905 5522

Counselling and psychotherapy:

 [counselling@farsophone.org.uk](mailto:counselling@farsophone.org.uk)

 020 8951 2004

## IMECE Women's Centre

Work with BMER women, particularly Turkish, Kurdish and Turkish Cypriots. Offering advice and support to empower and improve their lives.

 [imece.org.uk](http://imece.org.uk)

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 [info@imece.org.uk](mailto:info@imece.org.uk)

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

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 **2 Newington Green Road,  
Mildmay War,  
London N1 4RX**

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## Jewish Women's Aid

Supporting Jewish women against abuse with advice, helpline and counselling. 9.30am–9.30pm.

 [jwa.org.uk/](http://jwa.org.uk/)

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 **0808 801 0500** (free)

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 **PO Box 65550, Finchley N3 9EG**

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## Multilingual Wellbeing Service

The multilingual wellbeing service is a provider of mental health services for BMER communities in Barnet and neighbouring boroughs. Drop in 9am–5pm.

 [MultilingualWellbeing.org.uk](http://MultilingualWellbeing.org.uk)

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 [info@multilingualwellbeing.org.uk](mailto:info@multilingualwellbeing.org.uk)

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 **020 8732 6655**

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 **Advice and Information Centre,  
Edgware Community Hospital,  
Burnt Oak, Broadway,  
Middlesex HA8 0AD**

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## NAFSIYAT

Offers intercultural psychotherapy and counselling in over 20 languages.

 [nafsiyat.org.uk](http://nafsiyat.org.uk)

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 [admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk)

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 **020 7263 6947**

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 **Unit 4, Lysander Mews,  
London N19 3QP**

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## Wellbeing Connect Services

Provide services to support mental health service users, carers and their children within 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](http://WellbeingConnectServices.org)

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 [info@WellbeingConnectServices.org](mailto:info@WellbeingConnectServices.org)

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 **020 8803 2200**

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 **215 Fore Street, Edmonton,  
London N18 2TZ**

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# Carer's support groups

## Barnet Carers Centre

Reaching, helping and supporting carers in Barnet. They provide advice and information as well as a range of emotional and practical support to informal carers in Barnet, including training, counselling, relaxation sessions, and employment, training and volunteering opportunities.

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

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 [info@BarnetCarers.org](mailto:info@BarnetCarers.org)

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 020 8343 9698

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 **Global House**  
Ballards Lane  
London N12 8NP

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## Rethink Mental Illness: Edgware

Support group for carers of people with mental health issues.

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

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 [welcome.info@rethink.org](mailto:welcome.info@rethink.org)

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 020 8343 9698

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 **Psychiatric Liaison Team Barnet**  
Springwell Centre  
Barnet Hospital  
Wellhouse Lane  
Barnet EN5 3DJ

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## Caring4Carers

Provides support and training to partners, relatives and close friends who are acting as carers for people with mental ill health or emotional distress.

 [Caring4Carers.org.uk](https://www.Caring4Carers.org.uk)

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 [jeffrey@Caring4Carers.org.uk](mailto:jeffrey@Caring4Carers.org.uk)

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 01923 590 690

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# Education, employment, training and volunteering support

## Barnet and Southgate College

Provides standard college courses, as well as community Link; a course for people recovering from mental health issues who are currently in contact with mental health services to improve confidence, learn new skills, participate in community, and seek employment.

 [BarnetSouthgate.ac.uk/Learning-difficulties-and-mental-health/Community-Link](https://BarnetSouthgate.ac.uk/Learning-difficulties-and-mental-health/Community-Link)

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 [mh@BarnetSouthgate.ac.uk](mailto:mh@BarnetSouthgate.ac.uk)

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 020 3764 4433

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 Barnet and Southgate College,  
Southgate Campus,  
High Street, Southgate,  
London N14 6BS

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## Volunteering Barnet

Volunteering Barnet is the Borough's accredited Volunteer Centre, delivered by Groundwork London. They list opportunities, have a directory of Barnet services, provide training and events, offer rewards and recognition, and link volunteers and organisations. Volunteering Barnet is part of Barnet Together, a collaboration of Inclusion Barnet, Volunteering Barnet, and the Young Barnet Foundation to promote Barnet's community organisations.

 [VolunteeringBarnet.org.uk](https://VolunteeringBarnet.org.uk)

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 [enquiry@VolunteeringBarnet.org.uk](mailto:enquiry@VolunteeringBarnet.org.uk)

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 0300 365 9960

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# Leisure, social and recreational groups

## Activity on the Move

Barnet offers Health Walks in a variety of locations around Barnet, including Hampstead Heath, Woodside Park and Friary Park. There is a charge, but discounts with a FAB card (see [better.org.uk/fab-card](https://www.better.org.uk/fab-card)). Different walks have different difficulty levels. There is also a free park run each Saturday morning at Oakhill Park.

📄 [Barnet.gov.uk/citizen-home/parks-sport-and-leisure/parks-and-open-spaces/sport-and-fitness-in-barnet-parks/activity-on-the-move](https://www.barnet.gov.uk/citizen-home/parks-sport-and-leisure/parks-and-open-spaces/sport-and-fitness-in-barnet-parks/activity-on-the-move)

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✉ [sport@barnet.gov.uk](mailto:sport@barnet.gov.uk)

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☎ 020 8359 6314

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## Barnet Leisure Centres

Barnet has five leisure centres at Burnt Oak, Copthall, East Barnet, Finchley and Hendon, each with a slightly different offer.

📄 [Better.org.uk/fab-card](https://www.better.org.uk/fab-card) for discounted access with qualifying benefits  
[better.org.uk/leisure-centre/london/barnet](https://www.better.org.uk/leisure-centre/london/barnet)

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## Community Focus

Community Focus, an inclusive community arts centre, runs a programme called ARTiculate which is for enhancing positive mental health and wellbeing for 16–25 year olds. The programme can be delivered flexibly to suit the person's needs and takes place in a variety of locations. Young people can self-refer or be referred by professionals.

📄 [CommunityFocus.co.uk/articulate](https://www.CommunityFocus.co.uk/articulate)

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✉ [lili.barcroft@CommunityFocus.co.uk](mailto:lili.barcroft@CommunityFocus.co.uk)

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☎ 020 3743 2326

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📍 Community Focus, Friary House,  
Friary Park, Friary Road,  
London N20 0NR

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## Reading Groups

Free weekly reading groups take place in Burnt Oak, Chipping Barnet, Edgware, Golders Green, Cricklewood, and Hendon, organised by The Reader. They are free of charge to attend (although you need a library card) and free refreshments are provided. Groups can become full so it is worth getting in touch before attending.

✉ [KathrynFulton@hotmail.com](mailto:KathrynFulton@hotmail.com)

☎ 07801 911 481

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### Burnt Oak

Tuesdays 10.30am–12pm  
Burnt Oak Library,  
Watling Avenue,  
Burnt Oak HA8 0UB

### Chipping Barnet

Tuesday 2pm–3.30pm  
Chipping Barnet Library,  
3 Staplyton Road EN5 4QT

Fridays 10.30am–12pm  
The Old White Lion,  
121 Great North Road,  
East Finchley N2 0NW

Mondays 10.30am–12pm  
St Stephens House,  
The Visitors Centre,  
17 East End Road  
London N3 3QE

### Cricklewood

Thursdays 11am–12.30pm  
Child's Hill Library,  
320 Cricklewood Lane  
NW2 2QE.

### Golders Green

Tuesdays 10am–11.30am  
Tuesdays 2.30pm–4pm  
Golders Green Library  
164 Golders Green Road  
NW11 8HE

Headroom Cafe,  
89 Golders Green Road  
NW11 8EN

### Edgware

Thursdays 10.30am–12pm  
One Stonegrove  
Community Centre,  
5 Hayling Way, Edgware HA8 8BN.

### Hendon

Mondays 10am–11.30am  
Mondays 1.30pm–3pm  
Thursdays 10.30am–12pm.

John Lewis, Brent Cross,  
Prince Charles Drive  
London NW4 3FL.

Cheshire Hall Community Centre,  
Foster Street,  
Hendon NW4 2AA.

Colindale Library,  
7 Bristol Avenue NW9 5NE.

# LGBTQ+ support groups

## LGBT Foundation

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

 [LGBT.foundation](https://www.lgbt.foundation)

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 [info@lgbt.foundation](mailto:info@lgbt.foundation)

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 0345 3 30 30 30

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## London Friend

London friend aims to promote the mental health and well being 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](https://www.LondonFriend.org.uk)

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 [office@LondonFriend.org.uk](mailto:office@LondonFriend.org.uk)

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 020 7833 1674

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 86 Caledonian Road,  
London N1 9DN

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## Galop

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

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

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 London LGBT + Advice Line:  
020 7704 2040

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 National LGBT+ Domestic Abuse  
Helpline: 0800 999 5428

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

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# Young People and families

## The Brandon Centre

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

 [brandon-centre.org.uk/](http://brandon-centre.org.uk/)

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 [reception@brandoncentre.org.uk](mailto:reception@brandoncentre.org.uk)

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 **General Enquires: 020 7267 4792**

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 **Sexual Health: 020 7267 4792**

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 **Counselling & Psychotherapy: 020 7267 1321**

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

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## 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

 [centrepoin.org.uk/](http://centrepoin.org.uk/)

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 [centrepoin.org.uk/youth-homelessness/get-help-now/](http://centrepoin.org.uk/youth-homelessness/get-help-now/)

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 **0800 587 5158**

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

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## EPIP (Enfield Parent Infant Partnership)

The service helps primary caregivers who are struggling to develop a secure attachment to their child. There are a number of factors which may affect this relationship, including perinatal mental ill-health, substance misuse, domestic violence, poverty and birth trauma.

You can download a referral form; <https://new.enfield.gov.uk/services/children-and-education/local-offer/childrens-health-and-social-care/enfield-parent-infant-partnership/>

 [pipuk.org.uk/pip-network/enfield-parent-infant-partnership](http://pipuk.org.uk/pip-network/enfield-parent-infant-partnership)

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 [beh-tr.epip@nhs.net](mailto:beh-tr.epip@nhs.net)

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 **020 8360 6771**

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 **Charles Babbage House,  
1 Orton Grove, Enfield, EN1 4TU**

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## Enfield Parents and Children (EPC)

The service enhances the life chances of children, young people and their families. They focus on children with special needs, and children who are considered vulnerable. Including support groups, low cost counselling, and information and advice.

 [SingleParents.org.uk/organisation/enfield-parents-and-children](https://SingleParents.org.uk/organisation/enfield-parents-and-children)

 [enquiries@enfieldparents.org.uk](mailto:enquiries@enfieldparents.org.uk)

 020 8373 6243

 The Ark, Marsh House,  
500 Montagu Road, London N9 0UR

## 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/](https://home-start.org.uk/)

 [info@home-start.org.uk](mailto:info@home-start.org.uk)

 020 8352 4151

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

## 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://gingerbread.org.uk/)

 [groups@gingerbread.org.uk](mailto: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 Road, Kentish Town,  
London NW5 1TL

## 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](https://themix.org.uk/get-support/speak-to-our-team)

 [www.themix.org.uk/get-support/speak-to-our-team/email-us](https://www.themix.org.uk/get-support/speak-to-our-team/email-us)

 0808 808 4994

## SAFE (Service for Adolescents and Families in Enfield)

Provide treatment and support to young people aged between 12 and 18 with mental health, behavioural and emotional well-being needs. Referrals can be made by A&E or by CAMHS North and South teams.

 [beh-mht.nhs.uk/services/safe-service-for-adolescents-and-families-in-enfield.htm](http://beh-mht.nhs.uk/services/safe-service-for-adolescents-and-families-in-enfield.htm)

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 **020 8379 2090**

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 **2nd Floor, St. Andrew's Court, 1-4  
River Front, Enfield, EN1 3SY**

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## 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](http://YoungMinds.org.uk)

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

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## Youth Enfield

You can also get lots of information, advice and guidance on a wide range of activities, including careers, jobs, college or university, health or things to do in your leisure time.

 [new.enfield.gov.uk/youth/](http://new.enfield.gov.uk/youth/)

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# Local support organisations

## Alzheimer's Society (Barnet)

The Alzheimer's Society in Barnet offer a Dementia Advisor who provides information, advice and support to people with dementia and carers of people with dementia.

They also holds a peer support group for people affected by dementia to share their experiences, ask questions, and get information. They also run a dementia café, singing group, and more.

 [Alzheimers.org.uk](https://www.alzheimers.org.uk)

 [barnet@alzheimers.org.uk](mailto:barnet@alzheimers.org.uk)

 020 3725 3001

 First Floor Office,  
1-5 Brampton Grove,  
London NW4 4AE

## Barnet Depression Alliance

Barnet depression alliance is a group run by and for people with depression or depression with anxiety. It is volunteer led, and they meet twice a month in the evenings, at different times and locations. This is not a drop-in, so one must get in touch to get involved.

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

 [Barnet.DepressionAlliance@gmail.com](mailto:Barnet.DepressionAlliance@gmail.com)

 07541 187 907

## Barnet Recovery Centre

Drug and alcohol recovery service delivered by WDP. Free for Barnet residents aged 18+, their families and carers. Self-referral and organisational referrals are acceptable. Support includes counselling, community detox, BBV, health interventions and more.

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

 [barnet@wdp.org.uk](mailto:barnet@wdp.org.uk)

 0300 303 2866

 Barnet Recovery Centre (Finchley);  
42a Hendon Lane, Finchley, N3 1TT

 Barnet Recovery Centre (Edgware);  
Ground Floor, Dennis Scott Unit,  
Edgware Community Hospital,  
Burnt Oak Broadway, Edgware,  
HA8 0AD

## Barnet Wellbeing Centre

Offers multiple services in the community. One of these is the **Barnet wellbeing hub**, where 'wellbeing navigators' assess your situation and help you set and achieve goals through accessing services. You can refer yourself or be referred by a health professional. Drop-in wellbeing workshops, Thursdays 1.15-3.30pm. You must be registered with the Wellbeing Hub to attend these please get in touch to register.

 [BarnetWellbeing.co.uk](http://BarnetWellbeing.co.uk)

 [info@BarnetWellbeinghub.org.uk](mailto:info@BarnetWellbeinghub.org.uk)

 0333 449 088

 **The Meritage Centre,  
London NW4 4JT**

The **online wellbeing programme** is a free programme where 6-week webinar courses are provided aimed at dealing with issues such as stress and anxiety. To sign up or find out more, please visit;

 [CommunityBarnet.org.uk/online-wellbeing-programme](http://CommunityBarnet.org.uk/online-wellbeing-programme)

 020 8364 8400

 **Barnet House, First Floor,  
1255 High Rd, London N20 0EJ**

## 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.

 [home-start.org.uk](http://home-start.org.uk)

 [info@home-start.org.uk](mailto:info@home-start.org.uk)

 0116 464 5490

 **Home Start Barnet,  
Stephens' House,  
17 E End Rd, Finchley  
London N3 3QE**

## Inclusion Barnet

A peer-led deaf and disabled people's organisation, which aims to use the lived experience of disability (including mental health issues) to create better services and inclusive communities. **Barnet Voice for Mental Health** is a project run by and for people with mental health problems. They run drop-in community groups. Some groups are for fun and some are around peer support. **Touchpoint** is a service in Barnet for disabled people including those with mental health issues in. Touchpoint help individuals navigate crises by linking them to the right services and with befrienders to improve their confidence and alleviate social isolation.

 [InclusionBarnet.org.uk](http://InclusionBarnet.org.uk)

 [info@InclusionBarnet.org.uk](mailto:info@InclusionBarnet.org.uk)

 020 3475 1314

 Independent Living Centre  
c/o Barnet & Southgate College,  
7 Bristol Avenue,  
London NW9 4BR

## Mind in Barnet

Local mental health charity affiliated to National Mind, providing services to Barnet residents including counselling, advocacy, employment advice, and weekend and evening social clubs.

 [MindinBarnet.org.uk](http://MindinBarnet.org.uk)

 020 8343 5700

 55 Christchurch Avenue,  
London N12 0DG

## The Network

The network supports people with mental health problems in Barnet in gaining skills and confidence for getting more independent and more involved in their community. They will help to draw up a 'social inclusion plan' tailored to that persons goals they might be social, cultural, educational, vocational, etc. Your care coordinator can make a referral to the Network if you are suitable. If you are not accessing mental health services you should contact your GP.

 [Barnet.gov.uk/adult-social-care/specialist-support/network](http://Barnet.gov.uk/adult-social-care/specialist-support/network)

 [the.network@barnet.gov.uk](mailto:the.network@barnet.gov.uk)

 020 8359 3230

 The Network, 27 Castle Road,  
North Finchley, London N12 9EE

## Outreach Barnet

A short term support service for people with housing-related support needs. Free of charge they help people maintain their accommodation through promoting independence and empowerment.

 [OutreachBarnet.org.uk](http://OutreachBarnet.org.uk)

 020 3115 1185

 PO Box 55139,  
London N12 0YY

# Cross borough support organisations

## 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](https://www.FirstStepTrust.org.uk)

 [katie.ryan@FirstStepTrust.org.uk](mailto:katie.ryan@FirstStepTrust.org.uk)

 020 8855 7386

## 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. For more information and to make a self-referral visit:

 [lets-talk-iapt.nhs.uk](https://lets-talk-iapt.nhs.uk)

 [lets-talk-barnet@nhs.net](mailto:lets-talk-barnet@nhs.net)

 020 8702 5309

 Let's Talk IAPT, 1st Floor, Westgate House, Edgware Community Hospital, Burnt Oak, Broadway, Edgware, HA8 0AD

## Relate: North West London and Hertfordshire

Relationship counselling for individuals, couples, families, children, young people, including online and telephone counselling. They also provide workplace stress and anxiety, support, Family mediation, and couples sex therapy.

 [Relate.org.uk/london-north-west-and-hertfordshire](https://www.Relate.org.uk/london-north-west-and-hertfordshire)

 0300 003 2324

## Samaritans: north London

Enfield, Haringey and Barnet Samaritans serves north London. If something is troubling you, get in touch.

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

 [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

 020 8361 6080 (branch office, usual charges apply)

 116 123 (national line, free)

## 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](https://voiceability.org/services/barnet-enfield-and-haringey)

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 [BEH@voiceability.org](mailto:BEH@voiceability.org)

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 020 8900 2221

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## Pohwer Barnet

We offer the following services in Barnet: 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/Barnet](https://pohwer.net/Barnet)

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 [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

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 0300 456 2370

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# National support 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](https://AnxietyUK.org.uk)

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 [support@AnxietyUK.org.uk](mailto:support@AnxietyUK.org.uk)

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 Infoline: 03444 775 774

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 Text service: 07537 416905

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## 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](https://BeatEatingDisorders.org.uk)

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 Helpline: 0808 801 0677

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 Youthline: 0808 801 0711

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 Studentline: 0808 801 0811

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## 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](https://BipolarUK.org/find-a-support-group)

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 [info@bipolaruk.org](mailto:info@bipolaruk.org)

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 0333 323 3880

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## 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/](https://TheCalmZone.net/)

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 0800 58 58 58

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## 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)

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 **0800 1111**

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## 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)

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 **Call: 0300 1236600**

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 **Text: 82111**

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

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## 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)

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

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## 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)

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 [info@harmless.org.uk](mailto:info@harmless.org.uk)

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## 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)

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## 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.

 [OC Duk.org](https://www.ocduk.org)

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 [support@OC Duk.org](mailto:support@ocduk.org)

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 **03332 127890**

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## 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)

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 [pat@papyrus.org.uk](mailto:pat@papyrus.org.uk)

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 **Call: 0800 068 4141**

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 **Text: 07786 209697**

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## 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)

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 **01823 334 344**

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## 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)

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 **116 123 (UK)**

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 [jo@samaritans.org](mailto:jo@samaritans.org)

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

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## Saneline

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

 [sane.org.uk](https://sane.org.uk)

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

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

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## 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](https://SolaceWomensAid.org)

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 [info@solacewomensaid.org](mailto:info@solacewomensaid.org)

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 **Advice helpline 0808 802 5565**

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 **Rape crisis helpline 0808 801 0305**

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

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## 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](https://turning-point.co.uk)

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## 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://YoungMinds.org.uk)

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

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# Need help now?

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## **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.

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## **Barnet Crisis Resolution Home Treatment team**

can help with urgent mental health care needs, 24 hours a day, seven days a week:

**020 8702 24040**

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

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**For local enquiries contact**

**Barnet Hospital**

**Wellhouse Lane,**

**Barnet EN5 3DJ**

**020 3758 2000**

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 [beh-mht.nhs.uk](http://beh-mht.nhs.uk)

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

 [beh-tr.communications@nhs.net](mailto:beh-tr.communications@nhs.net)