

Mental health and wellbeing services Enfield

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:

Advocacy, benefits and housing	4
Art, leisure and recreational	5
Black and Minority Ethnic and refugee	7
Carers support groups	10
Disability	11
Education, employment, training and volunteering	13
LGBTQ+ support	14
Local organisations offering mental health support	15
Young people and families	18
Cross borough organisations	21
National organisations	23
Help now	28

Advocacy, benefits and housing

Citizens Advice Enfield

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

Drop in: If you want to drop in and see someone, we are open on Tuesdays, Wednesdays and Friday. The drop in sessions are very busy, with long queues and you will usually need to get to us by 9:30am to be able to see someone.

CitizensAdviceEnfield.org.uk/

Advice line 0300 330 1167

(Monday-Thursday, 10am-4pm)
(you will be asked to give a landline number in Enfield; if you do not own a landline, input **0208 375 4170**)

Unit 3, Vincent House, 2E Nags Head Road, Enfield EN3 7FN

Council Benefits and Housing Services

 new.enfield.gov.uk/services/housing/

 <https://new.enfield.gov.uk/services/benefits/>

 **020 8379 1000**

 **Edmonton access centre**
(Council Tax and Housing Benefits;
Council housing face-to-face enquiries);
**South Mall, Edmonton Green,
Edmonton, N9 0TX**

 **Civic Centre**

(Cashiers, Council Tax and Housing benefits, Concessionary Travel, general enquiries, school admissions, and shop mobility):

**Civic Centre, Silver Street,
Enfield, EN1 3XA**

 **John Wilkes House**

(Homelessness prevention and support)
**79 High Street,
Ponders End EN3 4EN**

Art, leisure and recreational

Advice Centre and ILAC Care

Provides information, advice and practical support to people in Enfield with a range of physical or mental health issues, helping them to continue to live independently. For example, low-cost gardening and decluttering.

 AdviceCentreLondon.co.uk

 info@easdb.org.uk

 020 8807 7111

 58 Market Square (The Balcony),
Edmonton Green Shopping Centre,
N9 0TZ

Chickenshed Theatre

Inclusive theatre company for all ages; including workshops, training, and outreach.

 ChickenShed.org.uk/

 info@ChickenShed.org.uk

 Box office: 020 8292 9222

 General Office 020 8351 6161

 Textphone: 18001 020 8292 9222
(Typetalk)

 290 Chase Side, London N14 4PE

Enfield Club House

The charity helps people with a mental health condition recover in the community and encourages people to sustain meaningful work, social lives and supportive relationships.

 EnfieldClubHouse.org.uk

 info@enfieldclubhouse.org.uk

 020 8373 6346 or 020 8373 6387

 Enfield Clubhouse, Room 10,
Community House, 311 Fore Street,
Edmonton, N9 0PZ
(Wednesdays and Fridays, 9am-4pm)

Enfield Council Leisure and culture directory

Enfield council have an extensive directory of local sports, leisure and culture, be it outdoor gyms, historic tours, or festivals.

 new.enfield.gov.uk/services/leisure-and-culture/

Face Front Inclusive Theatre

Inclusive theatre company using the power of theatre to improve emotional well-being, address social injustice, and provide acting opportunities. Including art projects, workshops, training, theatre in schools, a theatre group (Broken Silence) including people with a range of disabilities, and a diverse theatre group for people from 11-90 years old (interaction theatre group).

 **FaceFront.org/**

 **info@FaceFront.org**

 **020 8350 3461**

 **52 Market Square,
Edmonton Green, London N9 0TZ**

Fore Street Library

109-111 Fore Street, Edmonton, N18 2XF
020 8379 1717

John Jackson Library (Bush Hill Park)

35 Agricola Place, Enfield, EN1 1DW
020 8379 1709

Millfield House Library

Millfield Arts Centre, Silver Street, N18 1PJ
02088877308

Oakwood Library

185-187, Bramley Road, N14 4XA
020 8379 1711

Ordnance Unity Centre Library

645 Hertford Road, Enfield EN3 6ND
020 8379 2688

Palmers Green Library

Broomsfield Lane, Palmers Green N13 4EY
0203 792711

Ponders End Library: Closed October 2019;
temporary library services from Spring 2019
(new library opens 2021)

Ridge Avenue Library

Ridge Avenue, London, N21 2RH
020 8379 1714

Southgate Circus Library

Barnet & Southgate college (Southgate Campus), High Street, London, N14 6BP
20 83795562

Winchmore Hill Library

Green Lanes, Winchmore Hill, N21 3AP
020 8379 6474

Black and Minority Ethnic and refugee

CAYE

Community based group that supports African French speaking communities living in Enfield. They help to develop children and young peoples' skills.

 caye.org.uk

 info@caye.org.uk

 020 8373 2666

 The Ark, Marsh House, Montagu Road, Edmonton, London N9 0UR United Kingdom

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

Diversity Living Services

Supporting people from ethnic minority communities including migrants and asylum seekers in accessing services and information through advice, training, advocacy, participation and engagement, to promote equality and diversity.

 diversityliving.org/

 nfo.diversity@diversityliving.org.uk

 020 8803 6161

Drop in: Monday to Friday from 10am-5pm –

54-56 The Market Square (1st floor of the Artzone) Edmonton Green, London N9 0TZ

Enfield Asian Welfare Association

The service provides a 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

 info@eawa.org.uk

 020 8443 1197

 Day care centre at Wheatsheaf Hall, Main Avenue, Bush Hill Park, Enfield, Middlesex EN1 1DS

Enfield Caribbean Association

Social Group and advice centre for people part of the Caribbean community.

□ EnfieldCaribbeanAssoc.org.uk/

✉ info@theeca.org.uk

📞 020 8373 6352

📍 Community House, 311 Fore St,
London N9 0PZ

Enfield Racial Equality Council (EREC)

The EREC's mission is to actively promote a racially just, fair and equitable society. They offer information, advice, and support to individuals experiencing racism or racial discrimination.

□ enfieldrec.org.uk/

✉ info@enfieldrec.org.uk

📞 020 8373 6271

📍 Community House, 311 Fore St,
London N9 0PZ

Enfield Turkish Cypriot Association

Offers support, advice and help for Turkish Cypriots in Enfield. This includes health, disability, family, employment, education, youth, identity, welfare benefits and rights, and repatriation to Cyprus. Also lunch club, sports & drug awareness for young people.

□ etca.org.uk

📞 020 8373 6300/ 020 8373 6259

📍 Community House, 311 Fore St,
London N9 0PZ

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

Greek and Greek Cypriot Community of Enfield

Services include homecare, transport from and support after leaving hospital, information and advice, respite breaks for carers and counselling.

□ ggcce.org.uk

✉ info@ggcce.org.uk

📞 020 8373 76299

📍 Community House, 311 Fore St,
London N9 0PZ

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

Kirkisrak Community Centre

They run after school and weekend classes on subject areas such as maths, English, drama and guitar. Advice and support on interpreting, immigration, welfare, personal injury, and family law. Open to everyone.

□ kirkisrak.co.uk/

📞 020 8805 9970

📍 4-6 Derby Road, Enfield, Middlesex,
EN3 4AN

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 groups

Enfield Carers Centre

Local charity offering support and advice for unpaid carers in Enfield, including complementary therapy, support groups, legal information, training, benefits advice, relaxation and break opportunities.

 enfieldcarers.org/

 info@enfieldcarers.org

 020 8366 3677

 Enfield Carers Centre, Britannia House, 137-143 Baker Street

DAZU

A charity providing support and education to children and their families. This includes a young carers project for the borough of Enfield for carers aged 5-16, providing support including funded counselling, funded trips, funded recreational activities, a newsletter, and advocacy.

 dazu-charity.co.uk/young-carers/

 Liz.smith@dazu.co.uk

 020 8373 2720

Carers Trust Lea Valley Crossroads Care Service

Local charity supporting people with care needs and their carers in Enfield and its surrounding areas. They aim to relieve the stress of care, which may involve assistance with medication, shopping trips, mobility, help around the home, and more, tailored to individual care requirements.

 Crossroads-LeaValley.org.uk/

info@crossroads-leavalley.org.uk

 020 8373 6210

 Community House, 311 Fore St, London N9 0PZ

Disability

Cheviots Children's Disability Service

Cheviots provides services to families who have a child with a physical or learning disability or a sensory impairment. It includes children with autism or Asperger's Syndrome, and those who are terminally ill.

 020 8366 4203

 31 Cheviot Close, Enfield EN1 3UZ

AccessAble

The website outlines free detailed access information for disabled people. The guide highlights over 1000 venues across Enfield including museums, restaurants, hotels, libraries, doctors and bars.

 accessible.co.uk/

 hello@accessible.co.uk

 01438 842 710

Enfield Deaf Image Group

Represents the interests of all deaf or hard of hearing people living in Enfield.

 endig@live.com

 07919 247843

Enfield Disability Action (EDA)

EDA offers person-centred help, advice and support for disabled people living or working in Enfield.

 e-d-a.org.uk/

 eda@e-d-a.org.uk

 020 8373 6228

 Community House,
311 Fore Street, London N9 0PZ

Enfield Mencap

Helps adults with a learning disability to improve their quality of life and become more independent, working with individuals and their families.

 EnfieldMencap.org.uk/

 enquiries@EnfieldMencap.org.uk

 020 8887 9980

 1 Foxglove Close, London N9 8LW

Enfield Vision

Run by and for visually impaired people in Enfield. They hold Drop-in mornings, free braille lessons, bowl matches, publish a newsletter, and much more.

 EnfieldVision.org.uk

 1 Fore Street, London N9 0PZ

Middlesex Association for the Blind

Supports people who are blind or partially sighted to lead independent lives. They support people living in Barnet, Brent, Ealing, Enfield, Harrow, Harringey, Hillingdon, Hounslow and Richmond. Services include a home visiting service, early intervention officers, and computer training.

 aftb.org.uk/

 info@aftb.org.uk

 020 8423 5141

 Middlesex Association for the Blind,
Suite 18, Freetrade House,
Lowther Road, Stanmore,
Middlesex HA7 1EP.

The Parker Day Centre

Specialist dementia centre, run by AgeUK for people age 50 plus at any stage of dementia – includes transport service and cooked meals.

 [ageuk.org.uk/enfield/our-services/
the-parker-day-centre](http://ageuk.org.uk/enfield/our-services/the-parker-day-centre)

 020 8351 1131

 6 Houndsfield Rd, Edmonton,
London N9 7RA

Education, employment, training and volunteering

Capel Manor College

Offers courses on animal management, arboriculture and countryside, floristry and balloon artistry, garden design, horticulture, landscaping, and more.

 capel.ac.uk/enfield-centre.html

 enquiries@capel.ac.uk

 08456 122 122

 Bullsmoor Lane, Enfield,
Middlesex EN1 4RQ

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

Barnet and Southgate College: Southgate Campus

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/

 mh@BarnetSouthgate.ac.uk

 020 3764 4433

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

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

Enfield LGBT Network

The organisation offers counselling, domestic violence support, sexual health screening, hate crime reporting, HIV Poz Group, lesbian and bisexual women's group, LGBT mental health support group and more!

 LGBTEnfield.org

 <http://www.lgbtenfield.org/contact-us/>

 020 8245 3628

 The Lancaster Centre,
53 Lancaster Road, Enfield,
Middlesex EN2 0BU

Local organisations offering mental health support

Alzheimer's Society (Enfield)

There is a dementia support worker available for information, advice, and guidance, a Carer's support group that meets twice monthly, a Dementia café every Friday except the last of the month, and Singing for the brain sessions.

 alzheimers.org.uk/

 enfield@alzheimers.org.uk

 020 8937 7171

BUBIC (Bringing Unity Back Into The Community)

A peer support service supporting current drug-users, ex-users and their friends and family.

 bubic.org.uk

 info@bubic.org.uk

 020 8808 6550

 9 Bruce Grove, Tottenham,
London N17 6RA

Compass

A free, confidential substance misuse service for children and young people up to the age of 18 years old in Enfield who need support around their own or another person's substance use.

 compass-uk.org/compass-enfield-young-people

 info@compass-uk.org

 020 8360 9102

 29 Folkestone Road, Enfield,
London N18 2ER

Enfield Clubhouse

A small, independent charity set up to help people with a mental illness recover purposeful lives in the community.

 EnfieldClubhouse.org.uk

 info@enfieldclubhouse.org.uk

 020 8373 6387

 Room 4 Community House,
311 Fore Street, Edmonton N9 0PZ

Enfield Counselling Service

Provides counselling and Cognitive Behavioural Therapy (CBT) for individuals, Couples and groups. During an initial assessment the counsellor will advise you on the best help going forward.

 EnfieldCounselling.co.uk

 ecs@onetel.com

 020 8367 2333

 Enfield Counselling Service, St Paul's Centre, 102a Church Street, Enfield, Middlesex, EN2 6AR

Enfield Mental Health User group (EMU);

A local charity run by service users, supporting people using mental health services and providing mental health awareness initiatives in Enfield.

 emugroup.org.uk

 info@emugroup.org.uk

 020 8366 6560

 E.M.U., The Lancaster Centre, 53 Lancaster Road, Enfield, Middlesex, EN2 0BU

Enfield Muslim Women's aid

To provide for the relief of women and their dependent children who suffered or who are at risk of suffering domestic violence or abuse through the provision of accommodation, support and advice.

 emwa@btinternet.com

 0208 920 3565 / 020 8920 3569

 Enfield Muslim Women's Aid, Po Box 49007, London, N11 2XD

Enfield Women's Centre

Services to enable women to achieve fulfilment, independence and empowerment- in particular, the service aims to work with women who are disadvantaged and marginalised. Assisting via information, advice or referral on a range of issues- from physical and mental health needs, training, recreational and creative skills.

 EnfieldWomen.org.uk/

 020 8443 1902

 Vicki Scarlett House, 31A Derby Road, Enfield EN3 4A

Homeless resource centre

Day centre for homeless people- literacy, numeracy, IT classes: budgeting sessions, support with CV writing and job searching, housing and benefits advice.

 HomelessResourceCentre.com

 homelessresourcecentre@hotmail.com

 07956 764468

 Alpha Road Community Hall, Alpha Road, Enfield, London, N18 2FF

MIND in Enfield

The independent charity offers services to support the needs of people with a mental health condition, they also challenge stigma and isolation

 MindInEnfield.org.uk

 reception.desk@mindinenfield.org.uk

 020 8887 1480

 275 Fore St, Edmonton, London N9 0PD

Solace Women's Aid

Provides support to women and children affected by abuse.

 SolaceWomensAid.org

 enfield.SASS@solacewomensaid.org

 National helpline: 0808 802 5565

 Local: 020 8920 1470 / 020 8920 9750

 Olive House,
Unit 5-7 Blenheim Court,
62 Brewery Road, N7 9NY

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/

✉ 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

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/

✉ centrepoint.org.uk/youth-homelessness/get-help-now/

📞 0800 587 5158

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

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

✉ beh-tr.epip@nhs.net

📞 020 8360 6771

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

Every Parent and Child

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.

□ epandc.org.uk

✉ 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/

✉ 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/

✉ 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

✉ 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
-

 **020 8379 2090**

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

Youth Enfield

Enfield's Youth Support Service is responsible for delivering a range of positive activities for young people aged 11-19 (and up to 24 for young people with learning difficulties or disabilities). You can also get lots of information, advice and guidance on a wide range of activities, including careers, jobs, college or university, health.

-  new.enfield.gov.uk/youth/
-

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)

Cross borough 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

 katie.ryan@firststeptrust.org.uk

 020 88557386

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

 lets-talk-enfield@nhs.net

 020 8342 3012 / 0208 702 4900

 Ground Floor, Chase Building,
Chase Farm Hospital,
127 The Ridgeway,
Enfield, EN2 8JL

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 & anxiety, support, Family Mediation, and couples sex therapy.

 relate.org.uk/london-north-west-and-hertfordshire

 0300 003 2324

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/branches/north-london/

 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

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

Pohwer Enfield

We offer the following services in Enfield:
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/Enfield

 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

 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

 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

 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

 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

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.

 OCDuk.org

 support@OCDuk.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

 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

 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

 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.



Enfield Crisis Resolution Home Treatment team

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

020 8702 3800 (Ivy House, Chase Farm Hospital)



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



**For local enquiries contact
Chase Farm Hospital,
The Ridgeway Enfield EN2 8JL
020 8375 2999**

-  beh-mht.nhs.uk
-  [@behmhtnhs](https://twitter.com/behmhtnhs)
-  beh-tr.communications@nhs.net