

For free factsheets visit **rethink.org**. Our Rethink Mental Illness Advice & Information Service can help with a wide range of issues affecting people with mental illness, their family, friends and carers. You can contact them by calling 0300 5000 927 between 9.30am – 4.00pm, Monday – Friday (but not on bank holidays) or send a message via our website **rethink.org**

Our Supporter Care team can answer questions about membership, donations and general queries on 0121 522 7007 or **info@rethink.org**

Group members listen and share experiences but do not give advice. Many Rethink Mental Illness groups are run by people with lived experience, carers or family members. They may provide details of agencies who can provide advice.



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Harrow Community Mental Health Service



Harrow Community Mental Health Service

Harrow Community Mental Health Service is a safe place for people experiencing mental illness, where they can receive support with their recovery process. We offer one-to-one support and a range of therapeutic groups.

rethink.org



How to find us

The Bridge
Christchurch Avenue
Wealdstone
Harrow
HA3 5BD
Phone: 0208 427-7669
Mobile: 07467712235

All referrals should be sent to:
harrowcommunity@rethink.org

We meet at various Mental Health Service 'Hubs' around Harrow.

We offer structured support to service users based around a Recovery Plan, using a range of interventions including individual one to one recovery focused support sessions, and a number of recovery focused therapeutic groups. All support is targeted at building greater independence for service users and working towards recovery plan goals.

We can support clients for between 3-6 months, with regular Recovery Plan reviews.

We also offer a 'drop in service' once a week for anybody with concerns about mental health and who may need more information, advice and guidance on what mental health services are available across Harrow and how to access them.

“Leading the way to a better quality of life for everyone severely affected by mental illness.”



One to One support

Working with a dedicated Mental Health Recovery Worker, you will receive support to work towards your recovery goals, to building confidence and greater independence, so you can progress with your life the way you want and achieve your potential.

Group Work

We offer a number of recovery focused therapeutic groups. such as Cognitive Behavioural Therapy Support Groups, Music Therapy, Meditation/Mindfulness, and physical exercise groups with a qualified gym instructor.

Drop in Service

Once a week for anybody with concerns about mental health and who may need more information, advice and guidance on what mental health services are available across Harrow and how to access them.