


Contact us

If you have any questions about Community Service Harrow, please get in touch – we'd be delighted to hear from you!

 <https://www.rethink.org/help-in-your-area/services/community-support/the-bridge-harrow/>



 0208 427 8528

 thebridge@rethink.org

 Rethink
Mental
Illness.

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

For further information
on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

 /rethinkcharity  @rethink_
[rethink.org](https://www.rethink.org)

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 Rethink
Mental
Illness.

Community Service Harrow

A safe place for people
experiencing mental illness
to receive help towards
recovery.

Support

121 and group support in Harrow

We offer structured 121 support sessions towards your chosen recovery goal plus an interesting and diverse selection of online groups to support you and help your development including social, well-being, peer support and physical health groups





About us

We are an experienced team of three mental health recovery workers. We can support you in looking at what you would like to change in your life to improve it and support you towards achieving that goal. The service is person-centred and empowering. The goal must come from your desire to improve something in your life and we will support you in planning the actions for you to achieve it. We will be there supporting and motivating you all the way through

We are a dedicated group here to support and empower you through your recovery journey.

What we do

121 support towards your goal plus a programme of virtual groups

Referrals

For the online groups we accept professional or self referrals. Please email or call for referral form. We just ask that you are a Harrow resident, are over 18, have a mental health issue and will agree to our code of conduct so everyone feels safe and respected in the group. For 121 support sessions, we will require a referral from your Community Mental Health team professional or GP

"The Bridge has provided me with fantastic support in maintaining my recovery and well being after the long depressive episode of more than two years."

121 support

We offer scheduled 121 sessions where we support you in setting your goal and in planning & completing actions to achieve it.. Goals will be personal to your needs & situation but can be getting physically fit, starting that course you always wanted to do, building up community networks or getting paid or voluntary work....

"I meet people who, like me, have a mental health illness, & we support each other during the different stages in our journeys of recovery."

If you, or someone you know would benefit from our service give us a call/ email using details overleaf so we can answer any questions - we'd love to hear from you

Programme of virtual groups

We have a wide range of groups available on zoom:

- Gym Group
 - Mediation
 - Coffee morning social group
 - Cooking Lunch with Andrei
 - Bereavement support
 - Womens group
 - Mens Group
 - Hearing Voices group
 - Chronic pain group
 - Living life to the full- Psycho educational strategies for wellbeing
 - Wellbeing peer support group
- plus others

"For me, it is not what life throws at you, it is how you deal with it and that's why I enjoy doing the groups and helping people with their physical fitness. It gives me a chance to help people make their life better."

