

Do you need help?

HelpHarrow

Are you **struggling** to feed yourself or family?

Are you **unemployed** or facing money hardship?

Have you been identified as
Clinically Extremely Vulnerable?

Do you need **Free Advice** and **Support** on a personal matter?

Do you need **Free** legal advice?

Are you struggling with your **mental health?**

If the answer is **yes** to any of the above and you're a resident in the London borough of Harrow, then HelpHarrow can help you now!



Advice & Support Services



Food Support



Mental Health

Visit helpharrow.org to get **Advice, Support and Help**

Help is here

HelpHarrow

HelpHarrow is a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.

HelpHarrow currently offers support for food poverty, advice and information in all areas of life, as well as mental health and emotional wellbeing support.

Help and support is available

- ✘ Benefits and Universal Credit
- ✘ Employment
- ✘ Debt and money
- ✘ Housing and homelessness
- ✘ Family and relationships
- ✘ Bereavement
- ✘ Legal support
- ✘ Mental Health and Wellbeing
- ✘ Food support and foodbanks
- ✘ Disabilities
- ✘ Older people
- ✘ Caring for somebody



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