

Harrow Cove Drop-in

A safe space for residents of Harrow aged 16+ who are struggling to cope with their mental health.

No appointment needed.



Carramea Community Resource Centre, 27 Northolt Road, HA2 0LH



07407 305206



BH.Cove@hestia.org



14:00 - 22:00, 7 days a week



How to access the service

We are open access (individuals can just turn up), or on an appointment basis following a referral made by CNWL crisis response teams.

Support and activities will include:

- Advice, information and signposting.
- One-to-one support.
- The opportunity to develop a safety plan to look after your mental health in the future.
- Peer support.
- Hot drink and snack.
- Group activities: Arts & Crafts, Mindfulness Meditation, The Hangout Hub, and Lunch Club.

We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support you to reduce immediate anxiety, formulate individual safety plans to support your mental health and reduce the likelihood of you requiring further assistance from other crisis services.

Nearest tube station is South Harrow (Piccadilly line) and H9/H10/140/114/258/395 bus routes.

Hestia.org

