



# Harrow Cove

An open-access mental health service for residents of Harrow aged 16+.



Service provided by Hestia:

**Hestia.org**



## Opening Hours and Contact:

**Monday to Sunday, 14:00 - 22:00**

**365 days a year**

**Harrow Cove**

**Carramea Community Resource Centre**

**27 Northolt Road**

**South Harrow**

**HA2 0LH**

 **BH.Cove@hestia.org**

 **07407 305206**

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



## How to access the service

We are open access for residents of Harrow aged 16+ (individuals can just turn up), or on an appointment basis following a referral made by CNWL crisis response teams.

## About the service

Harrow Cove Café is provided by Hestia on behalf of Central North West London NHS Foundation Trust to offer a safe space for individuals to reduce their initial distress following referral by clinical teams. We offer the opportunity to be listened to and provided with information and support to manage your immediate mental health challenges.

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

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

## Support and activities will include:

- Advice, information and signposting
- One-to-one support
- Peer support
- Chill out space
- Hot drink and snack
- Groups activities (Lunch Club, Art & Crafts, The Hangout Hub, and Mindfulness Meditation)

## About Hestia

At Hestia we support adults and children in times of crisis or need. We deliver services across London and the surrounding regions, as well as campaign and advocate nationally on the issues that affect the people we work with.



## Feedback from service users

"This place is for me, a life saver. I get more support here than, I believe, I would get anywhere else."

"I could not have spoken to someone better than you, you are very kind and marvellous"

"I really appreciate your time and listening to me waffle on, you have really helped by checking in."

"I find the sessions calming. It is exactly what I needed when in crisis."

"It has been the easiest thing just to talk to you even though I find talking hard."

With special thanks to J&D Hinksman for the logo design

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