



# Signposting Support for Parents

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## Mental Health and Wellbeing

### ➤ **Harrow Horizons**

<https://www.annafreud.org/services/harrow-horizons-early-intervention-and-prevention-service/>

Harrow Horizons is an emotional wellbeing service for families.

### ➤ **Heads Up**

<https://www.mindinharrow.org.uk/services/young-persons-headsup/>

We lead a youth mental wellbeing partnership called HeadsUp for people under 25.

### ➤ **Mental Health Support Team in Schools (MHST)**

<https://www.cnwl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/mental-health-support-team-schools-mhst>

The Mental Health Support Teams are an early intervention service who work in partnership with local schools to offer a whole school approach to mental health and wellbeing.

## Digital Wellbeing

### ➤ **NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/>

Improving your family's online wellbeing.

### ➤ **Thinkuknow**

<https://www.ceopeducation.co.uk/professionals/guidance/thinkuknow-parents-and-carers/>

Thinkuknow Parents and Carers is an education program developed by CEOP. Thinkuknow offers parents advice on a range of issues relating to children's safety and well-being within a digital world.



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## Special Educational Needs

### ➤ **Harrow Local Offer**

<https://www.harrow.gov.uk/localoffer>

The Harrow Local Offer sets out the services and support available in our borough for children and young adults under the age of 25 with special educational needs and those who are disabled.

### ➤ **Harrow Parent Carer Forum**

<https://harrowparentforum.org/>

Harrow Parent Carer Forum is made up of a group of parents of disabled children. We represent the voices of families of SEN/disabled children from birth to 25 years living in the London Borough of Harrow.

### ➤ **Harrow SENDIASS**

<https://family-action.org.uk/services/harrow-sendiass/>

Impartial information, advice and support on special educational needs and disability (SEND) for parents, carers, children and young people living in Harrow.

### ➤ **Harrow CAMHS**

<https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/harrow-camhs>

CNWL Harrow CAMHS (Central North West London; Harrow, Child and Adolescent Mental Health Services) provides mental and emotional health specialist services for children and young people up to 18 years old their families and carers.

### ➤ **Centre for ADHD and Autism Support**

<https://adhdandautism.org/services/youth/>

CAAS has a range of support services for ADHD / autistic young people, aged 8 to 25.



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## Support for Young People and their Families

### ➤ **Young Harrow Foundation**

<https://youngharrowfoundation.org/>

A grant-giving charity dedicated to strengthening support for children, young people, and their families across Harrow.

### ➤ **Harrow Young Carers**

<https://harrowcarers.org/young-carers/>

Harrow Young Carers provides free support and wellbeing services to unpaid carers, including young people with caring responsibilities

### ➤ **Harrow's Family Hub Network**

<https://www.harrow.gov.uk/familyhubs>

The family hub network provides a range of early help and support services and activities at sites across Harrow for the whole family.

### ➤ **Hope Harrow**

<https://www.hopeharrow.org.uk/>

Harrow Offering Parents Encouragement (Harrow) believes that every family is unique and special. Every family has the right to determine and achieve goals in life.

### ➤ **Harrow Foodbank**

<https://harrow.foodbank.org.uk/>

Our foodbank is a project founded by local churches and community groups, working together towards stopping hunger in our local area.