

## **Mental Health Services for Adults in Brent**

Mental health services in Brent are available for individuals with mental health needs, ranging from anxiety and depression, to the high needs that may require hospital admission. The level of service provided depends on the individual's mental health needs. This includes services in:

1. Primary Care (GP and general counselling)
2. Secondary Care (specialist)
3. Tertiary care (hospital)
4. Self-help groups and Mental Health Charities

### **1. Primary care (GP and general counselling)**

Primary care is available for general mental health needs, such as anxiety, depression, or post-traumatic disorder. Main providers are your local GP, and the IAPT counselling service.

#### **GP - your local general practitioner**

If you require general treatment for depression or anxiety, you can consult your GP in the first instance who can advise you with general self-help materials, refer you to counselling services and prescribe medication.

#### **IAPT (Improving Access to Psychological Therapy)**

IAPT is a short-term mental health service that offers a variety of counselling or talking treatment options including Psychotherapy, or Cognitive Behavioural Therapy (CBT). Referral is through GPs or self-referral.

Available at some GP practices and Roundwood Centre, Harlesden Road, NW10 7RY (main office). Telephone: 020 8438 1777 Website: [www.brentiapt.org.uk](http://www.brentiapt.org.uk)

### **2. Secondary care (specialist)**

Mental health secondary care provides treatment and support options for individuals who need specialist mental health services and are able to manage their own needs independently with specialist support. Needs may include severe depression or anxiety, bipolar, personality disorder or similar. Services include psychiatry, community mental health teams and other specialist services.

#### **Brent Home Treatment Team**

The service helps avoid admission to a mental health in-patient ward by supporting people in acute mental crisis in their homes. The team has doctors, nurses, occupational therapists, and support workers who are available to support people, carers and families. Referral is via Brent Community Recovery Team; Early Intervention Team; Assertive Outreach Team; Psychiatric Liaison Service; acute in-patient ward (to facilitate discharge); any other secondary social care team.

Address: Park Royal Mental Health Centre, Central Way, off Acton Lane, NW10 7NS

Telephone: 020 8955 4456, Web: [www.cnwl.nhs.uk/service/brent-home-treatment](http://www.cnwl.nhs.uk/service/brent-home-treatment)

### Community Recovery Team

Community recovery teams bring together a range of professionals who each have specialist skills to work with people who have complex and severe mental health problems. The service aims to deliver excellent integrated, recovery-focused and evidence-based health and social care. The team includes psychiatrists, community psychiatric nurses (CPNs), social workers, approved mental health professionals (AMHPs), psychologists, occupational therapists and pharmacists. Other community workers such as peer support workers, mental health support workers, benefits workers, employment specialists, art therapists and psychotherapists also work as part of the team.

Referral is via other mental health professionals within Central and North West London NHS Foundation Trust (CNWL), the Assessment and Brief Treatment team and in-patient mental health wards. GPs can also make direct referrals where a service user has previously been known to the team.

Address: 15 Brondesbury Road, NW6 6BX, Telephone: 020 8937 6360,

Web: [www.cnwl.nhs.uk/service/brent-community-recovery-team-2](http://www.cnwl.nhs.uk/service/brent-community-recovery-team-2)

### Psychiatric Liaison Service, Central Middlesex Hospital

Psychiatric liaison services for older people provide mental health assessment and treatment for people who are in-patients in hospital or for those who may present at an A&E department and be in need of a mental health assessment.

Referral is via the hospital in-patient ward that is delivering the person's care or by the A&E department. The service will assess anyone who is referred, regardless of where the person lives, and they will ensure the appropriate follow up services are contacted.

Address: Middlesex Hospital Central Way, off Acton Lane, NW10 7NS

Web: [www.cnwl.nhs.uk/service/liaison-psychiatry-central-middlesex-hospital](http://www.cnwl.nhs.uk/service/liaison-psychiatry-central-middlesex-hospital)

### Brent Assertive Outreach Team

The team supports service users who experience symptoms of psychosis and who find it difficult to engage with services. This may be because they are homeless or street homeless, have drug and alcohol difficulties, have been involved with the criminal justice system or have complex difficulties. They may have a history of admissions to hospital, possibly have been detained under the Mental Health Act and often encountered problems with medication treatments.

Referral is via professionals and clinicians who have had current or previous engagement with the service user. The team also accepts referrals by an out-of-area community outreach team if the service user has recently moved to the area.

Address: Bell House, 145 High Road, Willesden, NW10 2SJ, Telephone: 020 8937 4601

Web: [www.cnwl.nhs.uk/service/brent-assertive-outreach-team](http://www.cnwl.nhs.uk/service/brent-assertive-outreach-team)

### Brent Community Mental Health Team

Brent Community Mental Health Team provides assessment and treatment for people aged between 18 and 65 with severe and enduring mental health needs

Referral is via a GP referral, but individuals and organisations can call to discuss referrals

Address: The Courtyard, Avenue Road, Harlesden, London, NW10 4UG

Telephone: 020 8937 6360, Fax: 020 8937 6366

Web: [www.cnwl.nhs.uk/Brent\\_Day\\_Brent\\_South\\_Community\\_Mental\\_Health\\_Team.html](http://www.cnwl.nhs.uk/Brent_Day_Brent_South_Community_Mental_Health_Team.html)

### Brent Early Intervention Team

Early intervention teams work with people aged 14-35 experiencing their first episode of psychosis. Once referred, service users can remain with the team for three to five years. Referrals are usually made by a GP. Referrals can also be received following acute crisis  
Address: Bell House, 145 High Road, Willesden, NW10 2SJ, Telephone: 0208 208 5620  
Web: [www.cnwl.nhs.uk/services/community-recovery/early-intervention/](http://www.cnwl.nhs.uk/services/community-recovery/early-intervention/)

## **3. Tertiary care (Hospital)**

### Park Royal Mental Health Centre

Park Royal offers in-patient mental health services for individuals who suffer an acute mental illness, and who may present a risk of harm to themselves or to others. The centre has three in-patient wards: Pond Ward, Pine Ward, and Shore Ward  
Referral is via the Home Treatment Team

### Psychiatric Intensive Care Unit (Caspian Ward)

Caspian Ward is a psychiatric intensive care unit that provides mental health care and treatment for people whose acute distress, absconding risk, and suicidal or challenging behaviour needs a secure environment beyond that which can normally be provided on an open psychiatric ward.

Address: Park Royal Mental Health Centre, Central Way, off Acton Lane, NW10 7NS

Telephone: 020 8955 4508

Web: [www.cnwl.nhs.uk/service/caspian-ward](http://www.cnwl.nhs.uk/service/caspian-ward)

## **4. Self-help groups and mental health charities**

### African and Caribbean Resource Centre

The Resource Centre provides community based mental health care and support to the African Caribbean community. The African Users Group works to meet the needs of African Caribbean people with mental ill health. It arranges drop-in sessions and runs a skill development group aimed at developing basic numeracy and literacy skills.

How to refer: Self-referral

Cost: Free

Address: Design Works, Room 4, Harlesden, NW10 4HT

Telephone: 0208 961 7539

Email: [yetunda.adesanya@brent.gov.uk](mailto:yetunda.adesanya@brent.gov.uk)

### Black Women's Mental Health Project

The service is for black women who have experienced mental illness and emotional distress. The service provides space, confidentiality and ongoing support towards helping women regain their sense of well-being. The service is working towards being culturally respectful to the needs of all women who contact them. Bilingual support is available on request.

How to refer: Self-referral

Cost: Free

Address: Unit 27, Park Royal House, 9-17 Park Royal Road, NW10 7LQ

Telephone: 0208 961 6324

Email: [bwmhp@yahoo.com](mailto:bwmhp@yahoo.com)

### Brent Bereavement Services

Bereavement counselling service is for people living in Brent who have suffered a loss within two years of contacting the service.

How to refer: Self referral or via GP, hospitals, social services, schools and colleges, friends and relatives.

Cost: Donation

Address: Willesden Centre for Health Care, Robson Avenue, Brent, NW10 3RY

Telephone: 0208 459 6818

Web: [www.bbsonline.org.uk](http://www.bbsonline.org.uk)

Email: [info@bbsonline.org.uk](mailto:info@bbsonline.org.uk)

### Brent Mental Health and Social Care User Group (BUG)

This is a local independent group which provides support and information for people with mental health needs.

Address: Merlin House, 122-126 Kilburn High Road, Brent, NW6 4HY

Telephone: 020 7624 4055

Email: [admin@brentusergroup.com](mailto:admin@brentusergroup.com)

### Brent Mind

Brent Mind provides a wide range of services for people in emotional distress who need help and advice. They offer mutual support groups, support for people worried about dementia and housing support for people with mental needs

How to refer: Self-referral and organisation referral

Address: Hampton House, 1b Dyne Road, Kilburn, NW6 7XG

Telephone: 020 7604 5177

Web: [www.brentmind.org.uk](http://www.brentmind.org.uk)

### Certitude Primary Care Social Prescribing Service

Certitude offers a peer support service where individuals with general anxiety and depression seek support about their social needs. This service is available at 5 GP practices: Chichele Road, Law Medical Group, Lonsdale, Stonebridge, and Park House.

How to refer: GP and self-referral if you are registered with any of the five GP practices.

Web: [www.certitude.org.uk](http://www.certitude.org.uk)

### Help Counselling

Help Advisory Centre provides information and counselling (short-term, one to one), on-going psychotherapy groups, workshops and courses on assertiveness, life choices, sexuality and confidence building.

How to refer: Self-referral

Address: 57 Portobello Road, Notting Hill, W11 3DB

### Loud and Clear Mental Health Advocacy

The service provides support and information to people using mental health services. The service aims to enable people to make informed choices and actively determine their own care and treatment.

How to refer: Self-referral

Cost: Free

Address: Wembley Point, 1 Harrow Road, Wembley, HA9 6DE

Telephone: 0208 900 2221

Web: [www.loudandclear.org.uk](http://www.loudandclear.org.uk)

Email: [advocacy@loudandclear.org](mailto:advocacy@loudandclear.org)

### MDF The Bipolar Organisation

This service offers a confidential place to talk about coping with bipolar disorder, share experiences and gain mutual support. The groups are informal and are run by and for people with bipolar disorder and carers, families and friends. The group meets every second Thursday of the month from 7.30pm - 9.30pm.

How to refer: Self-referral by telephone or email

Address: The HoneyPot Lane Centre, 839 Honeypot Lane, Stanmore, HA7 1AT

Telephone: 08454349813

Email: [harrowmdf@gmail.com](mailto:harrowmdf@gmail.com)

### Mental Health Resource Centre for Asians

The Centre provides various social day care support to Asian adults living in Brent (aged 18-64) with mental health difficulties.

How to refer: Self-referral

Address: Roe Green Park, 288 Kingsbury Road, Kingsbury, NW9 9HA

Telephone: 020 8905 0187

Email: [rita.ram@brent.gov.uk](mailto:rita.ram@brent.gov.uk)

Telephone: 0207 221 9974

Website: [www.helpcounselling.com/](http://www.helpcounselling.com/)

### The Minster Centre

The Minster Centre is a training Centre for integrative counselling and psychotherapy. Therapists specialise in working with adults who may be suffering from a variety of emotional difficulties.

How to refer: Contact the referrals manager on 020 7644 6242

Cost: Fees are on a sliding scale and a reduced fee scheme is available

Address: 20 Lonsdale Road, Queens Park, NW6 6RD

Telephone: 020 7644 6240 Email: [info@minstercentre.org.uk](mailto:info@minstercentre.org.uk)

Web: [www.minstercentre.org.uk](http://www.minstercentre.org.uk)

### Samaritans Helpline (Brent Branch)

Samaritans provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Volunteers offer support by responding to phone calls, emails, text and letters. Alternatively, a face to face appointment may be possible

How to refer: Self referral by telephone, text, email or letter

Address: 1 Leopold Road, Willesden, NW10 9LN

Telephone: 020 8961 6181

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.brentsams.org/](http://www.brentsams.org/)

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*Researched and prepared by Amani Fairak, a Healthwatch Brent Volunteer*

Please contact [enquiries@healthwatchbrent.org.uk](mailto:enquiries@healthwatchbrent.org.uk) with any feedback