

BARNET DEPRESSION ALLIANCE: SOURCES OF SUPPORT

For one-to-one counselling, please see our separate list

As always, we recommend that anyone suffering from moderate to severe depression should see their GP in the first instance. In a crisis, please contact the Crisis Team or NHS 111 or the Samaritans, or go to A & E.

CRISIS SUPPORT

North London NHS Foundation Trust 24-hour Crisis Telephone Service: For people living in Barnet, Enfield and Haringey experiencing a mental health crisis call the **24-hour Crisis Telephone Service: 080 0151 0023**. The Crisis Telephone Service are a team of trained mental health advisors and clinicians who provide help or advice in a crisis, 24 hours a day, 7 days a week, 365 days a year. See also: <https://www.northlondonmentalhealth.nhs.uk/crisis-referrals/>

NHS 111 – new service for people suffering a mental health crisis. Phone 111 or for more details see <https://111.nhs.uk/triage/check-your-mental-health-symptoms>

The Samaritans / North London Samaritans – Free 24-hour support for anyone in crisis.

Phone: 116 123 (national number) : This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles.

Via email: jo@samaritans.org

Visit In person: visiting face-to-face in your local branch is free. Shaftesbury Hall Herbert Road, London N11 2QN (near Bounds Green Tube or Bowes Park station). Please phone 020 8888 6540 to make an appointment to visit. Opening times: Tues 4-7; Wed 10-1; Fri 1-4. Please note the central London branch is open for visitors from 9 am to 9 pm daily at this address: 13 Salisbury Place, London W1H 1FJ – no appointment needed.

By letter: Yes. Post to: Freepost SAMARITANS LETTERS

COMMUNITY SUPPORT

Sanctuary – Mind in Barnet

Daily including weekend drop in for anyone in Barnet suffering from mental distress

<https://www.mindeb.org.uk/services-for-individuals/barnet/wellbeing/sanctuary/>

Mind in Barnet also runs other services including counselling, recovery college courses etc – have a look at their website.

Barnet Wellbeing Hub

Umbrella organisation which signposts people to support for mental health issues

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

Meridian

Support available in person at the Wellbeing Café and online – variety of groups and courses for anyone who needs support with their mental health. They now run a café in New Barnet as well as their regular services based in Hendon

<https://www.meridianwellbeing.com/>

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Building Friendship

Building Friendship is a free weekly drop in every Friday for those with mental health difficulties. Meet at East Barnet Baptist Church Hall, EN4 8PS. Come along for a cup of coffee and a friendly chat between 10am and 12noon.

For more information email: buildingfriendship@gmail.com. Or leave a message with your name and contact number on 020 8449 5320.

JAMI – services for the Jewish community, but some services are open to all – please check. Services offered include peer support at the HeadRoom Café; counselling; advocacy; befriending. For full details please visit <https://jamiuk.org/adult-services/>

Barnet Age UK: Wide range of support including activities on every day of the week, for Barnet residents aged 55 years+ Activities include walking groups, art groups, dance, yoga, cookery, music, flower arranging etc Also offers useful services such as their Handyperson service and sessions offering support with phones, tablets and laptops. Please see their website here: <https://www.ageuk.org.uk/barnet/> and download their monthly What's On list here: <https://www.ageuk.org.uk/barnet/activities-and-events/-activities/>

SUPPORT GROUPS INCLUDING PEER SUPPORT

Andy's Man Club – runs free support groups nationwide. In these groups, men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. Our clubs are designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish. No referral, no registration and no charge. Meets weekly on a Monday evening at the Meritage Centre between 7 pm and 9 pm. <https://andysmanclub.co.uk/> and email info@andysmanclub.co.uk

Barnet Bipolar Support group support group for people in Barnet who have been diagnosed with bipolar disorder.
<https://barnetbipolargroup.co.uk/>

Barnet Depression Alliance – our own group! Long established peer support group for adults in Barnet who suffer from depression. For referral details please see www.barnetdepressionalliance.org

Mind and Mood support group Informal support group which meets regularly in the evening in Barnet – please contact Sandra or Peter if you would like further details, on san.turner1657@gmail.com or petersartori@virginmedia.com

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BEFRIENDING

Barnet Friends

Telephone befriending for 18-55 years, led by Community Barnet 020 8016 0016

befriending@communitybarnet.org.uk

<https://communitybarnet.org.uk/blog/barnet-befriending>

Barnet Age UK Befriending -- Befriending for anyone 55 +

Email: befriending@ageukbarnet.org.uk

Telephone: 020 8432 1416

<https://www.ageuk.org.uk/barnet/service-ld-preview/befriending-94c1bc3e-a6fa-eb11-ba5e-00155d585af3/>

This list is regularly updated by Barnet Depression Alliance – please contact us for the most up-to-date information and please let us know if you have spotted any errors or have any suggestions for new services to be added to the list.

www.barnetdepressionalliance.org

barnet.depressionalliance@gmail.com

Tel: 0754 118 7907