

# Chapter 7: Specific needs

Chapter summary:

In this chapter we review:

- n Local and national services for people specific mental health conditions
- n Local services for people with specific needs including black and minority ethnic communities, women, children, young people and families, older people, people with HIV/AIDS, lesbian and gay people, refugees and victims of crime and pet owners

## Services for specific conditions

You can get help and advice from mental health organisations that provide specialist advice on particular conditions. In this chapter we have listed some national and local organisations that will be able to give you more information on conditions you or someone close to you may be experiencing. Also listed in this chapter are details of local services tailored to the needs of particular groups.

### Alcohol and drug use

#### Haringey Advisory Group on Alcohol (HAGA)

590 Seven Sisters Road  
Tottenham N15 6HR  
Phone: 020 8800 6999  
Fax: 020 8802 0081

Website: [www.haga.co.uk](http://www.haga.co.uk)

*Service: Provides a wide range of services for adults with alcohol problems, including counselling, family services and a women's group. There is a day care centre with a crèche and a children and families worker.*

#### Drug Advisory Service Haringey (DASH)

80 Stroud Green Road  
Finsbury Park N4 3EN  
Tel: 020 7272 2757  
Fax: 020 7263 6005

*Service: DASH offers a free and confidential service, providing a range of accessible services to drug users, their families, partners and friends. DASH is made up of people with different experience and skills. It includes trained medical, nursing and counselling staff.*

#### Dual Diagnosis

Maple Unit  
Q1 Block, St Ann's Hospital  
St Ann's Road  
Tottenham N15 3TH

Tel: 020 8442 6113

Fax: 020 8442 6113

Service: *Specialist service for people with severe mental health problems and substance misuse. Professional referral required.*

### Depression Alliance

212 Spitfire Studios

63 - 71 Collier Street

Islington N1 9BE

Tel: 0845 123 2320

Website: [www.depressionalliance.org](http://www.depressionalliance.org)

Service: *Depression Alliance provides an extensive range of support services and information for people affected by depression.*

## Eating disorders

### St Ann's Eating Disorder Service

Phoenix Wing, St Ann's Hospital

St Ann's Road

Tottenham N15 3TH

Tel: 020 8442 6387

Service: *Provides a comprehensive service for people suffering from an eating disorder. Inpatient and outpatient services. Contact Phoenix Wing for referral details.*

### First Steps to Freedom

1 Taylor Close

Kenilworth

Warwickshire CV8 2LW

Tel: 0845 120 2916

Email: [first.steps@btconnect.com](mailto:first.steps@btconnect.com)

Service: *First Steps to Freedom offers practical help to people who suffer from phobias, obsessive compulsive disorder general anxiety, panic attacks, anorexia and bulimia, and offers support to carers.*

## Manic Depression Fellowship - The Bipolar Organisation

Castle Works  
21 St George's Road  
London SE1 6ES  
Tel: 0845 634 0540

Website: [www.mdf.org.uk](http://www.mdf.org.uk)

*Service: User led charity working to enable people affected by bipolar disorder / manic depression to take control of their lives. Free advice and information.*

## Mentality

The Sainsbury Centre for Mental Health  
134-138 Borough High Street  
London SE1 1LB  
Tel: 020 7716 6777  
Fax: 020 7716 6774

Website: [www.mentality.org.uk](http://www.mentality.org.uk)

*Service: Mentality offers a range of services including developing research, consultation management, policy advice, delivering training, developing evaluation methods and producing high quality resources. It works with partners internationally, nationally, regionally and locally.*

## Mind Infoline

Mind works to create a better life for people experiencing mental ill health by advancing their views, needs and ambitions. Mind has a wealth of publications, leaflets and factsheets to help people in many different languages.

## Mind

15-19 Broadway  
Stratford E15 4BQ  
Tel: 0845 766 0163  
Website: [www.mind.org.uk](http://www.mind.org.uk)

## National Institute for Mental Health, England (NIMHE)

Room 8E

46 Quarry House

Quarry Hill

Leeds LS2 7UE

Tel: 0113 254 5127

Website: [www.nimhe.org.uk](http://www.nimhe.org.uk)

*Service: Through NIMHE's local development centres and national programmes of work, we will support staff to put policy into practice and to resolve local challenges in developing mental health.*

## National Phobics Society

Zion Community Resource Centre

339 Stretford Road

Hulme

Manchester M15 4ZY

Tel: 0870 122 2325

Website: [www.phobics-society.org.uk](http://www.phobics-society.org.uk)

*Service: The Phobics Society can provide support and help if you've been diagnosed with, or suspect you may have an anxiety.*

*The Society helps people deal with specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking and heights.*

## OCD Action

Aberdeen Centre

22-24 Highbury Grove

Highbury N5 2EA

Help and Information Line: 0845 390 6232

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

*Service: OCD Action is a UK national charity for people with obsessive compulsive disorder (OCD) and the related disorders of body dysmorphic disorder, compulsive skin picking and trichotillomania.*

*OCD Action provides information, advice and support for people with these disorders and their family, friends and carers, as well as interested professionals and the media.*

### Rethink (formerly National Schizophrenia Fellowship)

30 Tabernacle Street,

London EC2A 4DD

Tel: 0845 456 0455

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

Website: [www.rethink.org.uk](http://www.rethink.org.uk)

Service: *Rethink works to help everyone affected by severe mental health problems, including schizophrenia, to recover a better quality of life. Rethink provides comprehensive information including a guide to medication called 'Only the Best', downloadable from its website.*

### Rethink (Enfield and Haringey Group)

Contact: Pamela Maher

Tel: 020 8886 6065

### Saneline - Helpline

Tel: 0845 767 8000

Website: [www.sane.org.uk](http://www.sane.org.uk)

Service: *Helpline available noon-11pm Monday-Friday.*

### National Self Harm Network

PO Box 7264

Nottingham NG1 6WJ

Email: [info@nshn.co.uk](mailto:info@nshn.co.uk)

Website: [www.nshn.co.uk](http://www.nshn.co.uk)

Service: *The network provides information, contacts and workshops on matters relating to self-harm and promotes survivor written literature.*

### No Panic Helpline and Night-time Anxiety Helpline

Tel: 0808 808 0545

Service: *No Panic aims to aid the relief and rehabilitation of those suffering from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders, providing support to sufferers and their families and carers.*

## Services for particular groups

### Black and minority ethnic communities

#### African and Afro-Caribbean Mental Health Advocacy Project

Mind in Haringey

Station House

73c Stapleton Hall Road

Stroud Green N4 3QF

Tel: 020 8340 2474

*Service: Advocacy and advice for people of African and Caribbean heritage.*

#### Antenna Outreach Service

Excel House

312 High Road

Tottenham N15 4BN

Tel: 020 8365 9537

*Service: The Antenna Outreach Service is a culturally specific mental health service for young black people (between the ages of 16 and 25 years) from African and African-Caribbean descent.*

#### Black and Minority Ethnic Counselling Service

Mind in Haringey

Station House

73c Stapleton Hall Road

Stroud Green N4 3QF

Tel: 020 8347 8507

*Service: Mind operates a counselling service for people from BME communities in Haringey. After an initial assessment, and if Mind can help you, the counselling co-ordinator will place you on a waiting list to see a counsellor, which can take place in a number of locations across the borough.*

## Cabinda Community Association

North Block, 1st Floor

Selby Centre

Selby Road

Tottenham N17 8JL

Tel: 020 8808 6115

Fax: 020 8808 7226

Email: [info@cabinda.co.uk](mailto:info@cabinda.co.uk)

Website: [www.cabinda.co.uk](http://www.cabinda.co.uk)

*Service: Advice and guidance on mental health, drug use and immigration. Advocacy for people with HIV and mental health issues.*

## CHIZUK

91-93 Stamford Hill

Stamford Hill N16 5TP

Tel: 020 8800 7494 (24-hour helpline)

Fax: 020 8802 5677

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

Contact at office any time

*Service: Chizuk is the mental health organisation of the orthodox Jewish community. Chizuk provides a wide range of programmes and activities to assist those mental health problems, as well as pioneering work in educational and preventative programmes. People can refer themselves or through their local Rabbi, family doctor, mental health professional or community mental health teams. Chizuk also provides an emergency service.*

## Cypriot Community Centre

Earlham Grove

Wood Green N22 5HJ

Tel: 020 8881 2329

Fax: 020 8881 6687

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

Website: [www.cedg.org.uk](http://www.cedg.org.uk)

*Service: Advice and counselling, welfare rights, social and cultural activities and services for the elderly.*

### Derman Counselling Service

Laurels Healthy Living Centre

St Ann's Road

Tottenham N15 3TH

Tel: 020 8442 5631

Email: [services@derman.org.uk](mailto:services@derman.org.uk)

Website: [www.derman.org.uk](http://www.derman.org.uk)

*Service: Offers a bilingual and culturally sensitive counselling service for Turkish, Kurdish (from Turkey) and Cypriot Turkish clients. The majority of its clients are asylum seekers/refugees. Referrals are accepted from family doctors and other health professionals.*

### Ethiopian Community Centre

Selby Centre

Selby Road

Tottenham N17 8JN

Tel: 020 8801 9224

Fax: 020 8801 0244

Email: [post@eccuk.org](mailto:post@eccuk.org)

Website: [www.eccuk.org](http://www.eccuk.org)

*Service: Information and advice on immigration, welfare and health related issues including mental health and HIV. Languages spoken other than English: Amharic.*

### Immigrant Counselling and Psychotherapy

79 1/2 Tollington Park

Finsbury Park N4 3AG

Tel: 020 7272 7906

Fax: 020 7272 6920

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

Website: [www.icap.co.uk](http://www.icap.co.uk)

*Service: National organisation providing culturally sensitive psychotherapy mainly for Irish immigrants. Group therapy also available.*

### Jewish Care

91-93 Stamford Hill

Stamford Hill N16 5TP

Tel: 020 8442 7750

Fax: 020 8880 2425

Email: [rjacobs@jcare.org.uk](mailto:rjacobs@jcare.org.uk)

Service: *Day care for the elderly, people with mental health problems including Alzheimer's and dementia. Transport provided.*

### Kurdish Housing Association

South Block, 1st Floor

Selby Centre

Selby Road

Tottenham N17 8JL

Tel: 020 8808 9954

Fax: 020 8493 0163

Email: [info@kurdishhousing.org](mailto:info@kurdishhousing.org)

Website: [www.kurdishhousing.org](http://www.kurdishhousing.org)

Service: *Housing, advice on welfare and counselling. Language spoken other than English: Kurdish, Arabic, Farsi, and Turkish.*

### London Irish Women's Centre

59 Stoke Newington Church High Street

Stoke Newington N16 0AR

Tel: 020 7249 7318

Fax: 020 7923 9599

Email: [info@liwc.co.uk](mailto:info@liwc.co.uk)

Service: *Advice and advocacy for Irish women and women of Irish descent.*

### Nafsiyat Intercultural Therapy Centre

262 Holloway Road

Holloway N7 6NE

Tel: 020 7686 8666

Fax: 020 7686 8667

Email: [admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk)

Website: [www.nafsiyat.org.uk](http://www.nafsiyat.org.uk)

Service: *Psychotherapy for individuals, couples and families and groups. Languages spoken other than English: Aramaic, Arabic, Bengali, Greek, Farsi, Turkish, Cantonese and Mandarin.*

### Pyramid Health and Social Care Association (PHASCA)

280 St Ann's Road

Tottenham N15 5BN

Tel: 020 8809 7651

Fax: 020 8800 0227

Email: [info@phasca.com](mailto:info@phasca.com)

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

Service: *Family and individual psychotherapy and counselling service. Languages spoken other than English: Turkish, Egyptian and African languages.*

## Children, young people and families

Services are provided by the health service, the council or independent organisations. Most Child and Adolescent Mental Health Services (CAMHS) are organised into one of four tiers following a model set out by the Health Advisory Service, as follows:

- Tier 1:** mild emotional and behavioural difficulties or the early stages of disorders.
- Tier 2:** common disorders with one or two risk factors.
- Tier 3:** less common problems indicating a more severe, complex and persistent condition.
- Tier 4:** potentially severe disorders. Intensive and highly specialised care usually provided for older children and adolescents who are severely mentally ill or at suicidal risk.

### Adolescent Outreach Service

9 Bruce Grove  
Tottenham N17 6RA  
Tel: 020 8365 1375  
Fax: 020 8365 1381

Email: [aot.nhs@btoopenworld.com](mailto:aot.nhs@btoopenworld.com)

*Service: This a multi-disciplinary crisis intervention service for young people aged 11 to 18 with mental health problems living in Haringey. Professionals from education, health or social services can make referrals. Disabled access and contact with interpreters. (Tiers 2 and 3 of CAMHS)*

### Antenna Outreach Service

Excel House  
312 High Road  
Tottenham N15 4BN  
Tel: 020 8365 9537

*Service: Early intervention and support for young Black and mixed-heritage people aged 16 to 25 years experiencing mental health problems.*

### Child and Adolescent Gender Identity Development Service

Tavistock and Portman NHS Trust  
8 Fitzjohns Avenue  
Hampstead NW3 5NA  
Tel: 020 8938 2030  
Fax: 020 7447 3748

Email: [gidu@tavi-port.nhs.uk](mailto:gidu@tavi-port.nhs.uk)

*Service: Multi-disciplinary service for children and young people, and their families, who are experiencing difficulties in the development of their gender identity. The service also sees children of parents with transsexualism or other gender identity problems. The service has disabled access and interpreters can be arranged on request. (Tier 4 of CAMHS).*

## Child and Adolescent Mental Health Service (CAMHS)

H Block

St Ann's Hospital

St Ann's Road

Tottenham N15 3TH

Tel: 020 8442 6467

Fax: 020 8442 6737

*Service: CAMHS is a multi-disciplinary team providing psychiatry, psychology, child psychotherapy, speech and language therapy and family therapy. Service offers disabled access. Health professionals, social services, education and voluntary sector can make referrals. Age range: 0 to 16 years (up to 18 years if in education). (Tiers 2 and 3 of CAMHS).*

Child Death Helpline 0800 282 986

## Disabled Parent Network

National Centre for Disabled Parents

Unit F9, 89-93 Fonthill Road

London N4 3JH

Tel: 0870 241 0450

Helpline: 0870 241 0450

## Family Rights Group

The Print House

18 Ashwin Street

London E8 3DL

Helpline: 0800 731 1696

*Service: Free advice for families involved with social services.*

*Advocacy and advice service provided (10am-3.30pm weekdays).*

## Gingerbread

Helpline: 0800 018 4318

*Service: Free helpline for lone parents (9am-5pm weekdays)*

### Haringey Educational Psychology Service

48 Station Road

Wood Green N22 7TY

Tel: 020 8489 3004

Fax: 020 8489 3088

*Service: A council-run educational psychology service for children and young people aged 0 to 19 years, to enhance their development and learning. An educational psychologist visits each school regularly. Teachers can make referrals using the educational psychology form, and getting the parent's agreement. Parents and other professionals (if they have received parental permission) can contact the service directly for an initial consultation. Disabled access and contact with interpreters. (Tiers 2 and 3 of CAMHS).*

### The Institute of Family Therapy

24-32 Stephenson Way

Euston NW1 2HX

Tel: 020 7391 9150

Fax: 020 7391 9169

Website: [www.instituteoffamilytherapy.org.uk](http://www.instituteoffamilytherapy.org.uk)

*Service: Specialises in working with families, individuals, couples and other relationship groups.*

### Multi-Borough Advocacy Service

Tel: 020 7613 2886

*Service: Advocacy for children.*

### North London Family Mediation Service

Tel: 020 8343 9899

*Service: Helps families resolve conflicts arising from break-ups.*

### One Parent Families

255 Kentish Town Road

London NW5 2LX

Tel: 020 7428 5400

Helpline: 0800 018 5026

*Service: Free advice for lone parents.*

## Open Door Young People's Consultation Service

12 Middle Lane

Crouch End N8 8PL

Tel: 020 8348 5947

Fax: 020 8341 1684

Email: [opendoor8@talk21.com](mailto:opendoor8@talk21.com)

*Service: Open Door works with young people aged 13 to 24 years and parents of teenagers and young adults offering psychotherapy and counselling. Any agency is welcome to refer although contact from the young person will be sought prior to an appointment being offered. (Tier 2 of CAMHS).*

## Parentline Plus

Helpline: 0808 800 2222

*Service: Freephone 24-hour helpline for parents. Parentline also run parenting courses.*

## Portman Clinic

Tavistock and Portman NHS Trust

8 Fitzjohns Avenue

Hampstead NW3 5NA

Tel: 020 7794 8262

Fax: 020 7447 3748

Email: [portman@tavi-port.nhs.uk](mailto:portman@tavi-port.nhs.uk)

*Service: The clinic provides forensic psychotherapy for children and adolescents who have problems with criminal behaviour, delinquent or violent acts or sexual impulses. Disabled access and contact with interpreters. (Tier 4 of CAMHS).*

## Relate

Tel: 020 8447 8101

*Service: Family counselling services to support better family relationships.*

### SPACE (Supporting Parents Carers and Children Equally)

C/o PHASCA

Chestnuts Community Centre

280 St Ann's Road

Tottenham N15 5BN

Tel/Fax: 020 8800 0227

Email: [info@phasca.com](mailto:info@phasca.com)

Service: *Family intervention, which extends to siblings and one-to-one counselling.*

### Speech and language therapists

c/o Operational Manager, Speech and Language Therapy Services

Block G1, St Ann's Hospital

St Ann's Road

Tottenham N15 3TH

Tel/Fax: 020 8275 4008

Service: *Specialists in speech, language and communications therapy for children with mental health difficulties. (Tiers 2 and 3 of CAMHS).*

### Step-Ahead (Adolescents in Haringey and Enfield Alcohol and Drugs Service)

40 Bromley Road

Tottenham N17 0AW

Tel: 020 8493 8525

Fax: 020 8493 8318

Website: [www.step-ahead.org](http://www.step-ahead.org)

Service: *AHEADS works with young people (aged 10 to 18 years) and their parents and carers to minimise the harm and potential for substance misuse. They offer information, advice and support to parents and carers of younger users. (Tier 1 of CAHMS).*

### Tavistock Clinic

Tavistock and Portman NHS Trust

120 Belsize Lane

Hampstead NW3 5BA

Child and family service

Tel: Child and family service 020 7435 7111

Fax: 020 7447 3733

Email: [child+family@tavi-port.nhs.uk](mailto:child+family@tavi-port.nhs.uk)

Adolescent service

Tel: 020 7447 3714

Fax: 020 7447 3721

Email: [adolescent@tavi-port.nhs.uk](mailto:adolescent@tavi-port.nhs.uk)

*Service: A range of services for children, adolescents and families experiencing emotional or behavioural difficulties or distress.*

*Translated material and interpreting services available. (Tier 3 of CAMHS).*

### YoungMinds

Tel: 020 7336 8445

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

*Service: Promotes child and adolescent mental health services. It is also involved in consultancy work, training, and producing information leaflets.*

### Young People's Consultative Service

Tavistock and Portman NHS Trust

120 Belsize Lane

Hampstead NW3 5BA

Tel: 020 7435 7111

Fax: 020 7447 3721

Email: [adolescent@tavi-port.nhs.uk](mailto:adolescent@tavi-port.nhs.uk)

*Service: A self-referral service for young people aged 16 years plus. Telephone referrals are encouraged. The service helps young people get a clearer understanding of the difficulties they have. Disabled access and contact with interpreters. (Tier 2 of CAMHS).*

## Deaf people

### Sign

Falcon House, Falcon Mews

46 Oakmead Road

Balham SW12 9SJ

Tel: 020 8673 9922

Minicom: 020 8673 9944

Service: *Advocacy for people who are deaf.*

## Domestic violence

Haringey Council's 'I Shall Survive' domestic violence booklet has full information on all domestic violence services in Haringey. It is available from council offices, receptions, libraries and Hearthstone.

### Hearthstone

10 Commerce Road

Wood Green N22 8ED

Tel: 020 8888 5362

Fax: 020 8889 6508

Service: *One-stop-shop providing a range of service to both women and men fleeing domestic violence.*

### Kiran - Asian Women's Aid

Tel: 020 8558 1986

Service: *Offers temporary accommodation for Asian women escaping domestic violence with their children.*

### NIA Project Helpline

Tel: 020 7683 1210

Service: *Advice line for women experiencing domestic violence.*

## HIV/AIDS

### HIV Team

Social Services

40 Cumberland Road

Wood Green N22 7SG

Tel: 020 8489 5970

Fax: 020 8489 3032

Website: [www.haringey.gov.uk](http://www.haringey.gov.uk)

*Service: Haringey Council provides a wide range of support, advice and information to people infected with or affected by HIV or AIDS. Services include care management, home care support, housing advice, welfare rights advice, infant feeding project, nutritional advice and social work support.*

### HIV/AIDS Drop-In

Winkfield Resource Centre

33 Winkfield Road

Wood Green N22 5RP

Tel: 020 8889 0396

### Sexual Healthline

Tel: 0800 567 123

For other languages, telephone 0800 717 2227

## Lesbian and gay people

### Lesbian and Gay Switchboard London

Tel: 020 7837 7324

*Service: 24-hour helpline for gay men and lesbians.*

### London Friend

86 Caledonian Road

Kings Cross N1 9DN

Tel: 020 7837 3337

*Service: Telephone helpline, counselling and support groups for lesbians, gay men and bisexuals. Open 7.30am-10pm.*

## PACE

34 Hartham Road

Holloway N7 9JL

Tel: 020 7700 1323

Service: *Advocacy for lesbians and gay men. A bisexual family therapy service.*

## Older people

Dementia and confusion are problems that mainly affect older people - although older people can experience other forms of mental distress.

Haringey has two community mental health teams for people over the age of 65. The teams are based at St Ann's Hospital and include community mental health nurses, psychologists, community mental health occupational therapists and social workers. The teams help people and their carers with mental health needs. A family doctor referral is needed.

Tel: 020 8442 6702 (West Haringey Team)

Tel: 020 8442 6165 (East Haringey Team)

Tel: 020 8442 6233 (community mental health nurses and occupational therapists)

## Age Concern in Haringey

Tottenham Town Hall

Town Hall Approach Road

Tottenham N15 4RY

Tel: 020 8801 2444

Fax: 020 8365 1732

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

Website: [www.ageconcernharingey.org.uk/](http://www.ageconcernharingey.org.uk/)

Service: *Age Concern provides a wide range of information and advice to older people, their relatives, friends and carers.*

## Alzheimer's Society Haringey

R18 William Rainbird House  
Beaufoy Road  
Tottenham N17 8AY  
Tel: 020 8808 9931  
Email: [alzharinegy@btconnect.co.uk](mailto:alzharinegy@btconnect.co.uk)

## Haringey Council's Older People's Service

Social Services  
40 Cumberland Road  
Wood Green N22 7SG  
Tel: 020 8489 1400  
Fax: 020 8489 5977  
Email: [over65@haringey.gov.uk](mailto:over65@haringey.gov.uk)  
Website: [www.haringey.gov.uk](http://www.haringey.gov.uk)

Service: *The council provides a wide range of services for older people including:*

- n Assessment and care management: This team will assess and review personal care needs and can provide support in the community or in a residential or nursing home.*
- n Residential: care homes for older people managed by the council.*
- n Day care: day centres and drop-in centres.*
- n Home care: help in the home throughout the day and night, a rapid response service and an enabling team.*
- n Meals on wheels.*
- n Intermediate care: rehabilitative and therapeutic services to prevent older people from having to go into hospital, or to help them regain their independence and confidence following a hospital stay.*
- n Supported housing: sheltered and community good neighbour schemes to assist people to live independently.*
- n Community alarm: 24-hour call monitoring and emergency response service for older, disabled and other vulnerable people.*
- n Occupational therapy: advice, equipment and adaptations to people's homes.*
- n Adult placement scheme: family accommodation for adults who cannot live alone.*

- n *Equalities and diversity: information and advice on age discrimination and other issues.*
- n *Adult protection: a service to protect vulnerable people from adult abuse.*

*Housing - For information on housing, please see chapter 4.*

### Older People's Psychology Service

Block G2, St Ann's Hospital  
St Ann's Road  
Tottenham N15 3TH  
Tel: 020 8442 6124

*Service: Psychology service for people over 65 experiencing emotional or mental distress.*

## Pet owners

### Cat Protection League

17 Kings Road  
Horsham  
Sussex RH13 5PN  
Tel: 0870 770 8649

Helpline: 0870 209 9099

*Service: Responsible pet ownership advice, the CPL also provides a cat rehoming service.*

### Cat Neutering

PO Box 145  
2 Lansdowne Row  
London W1J 6HL

*Service: Free cat neutering service for people on benefits. People interested in the service need to send a self addressed envelope with proof of benefits.*

### The Dogs Trust

17 Wakely Street  
London EC1V 7RQ  
Tel: 020 7837 0006

*Service: Rehoming service for dogs. In addition the Trust runs a project to help people who are homeless or in housing crisis by providing free veterinary care for their dogs and will try also seek to find hostels for people that are willing to accept dogs.*

## Refugees

### Jamait Al Nissa

8-10 Bedford Road  
Wood Green N22 7AU  
Tel: 020 8889 9433  
Fax: 020 8881 3291  
Email: [jan@btconnect.com](mailto:jan@btconnect.com)

*Service: Centre for unemployed women, especially refugees. Befriending service for women experiencing mental health problems or domestic violence.*

### Medical Foundation for the Care of Victims of Torture

111 Isledon Road  
Islington N7 7JW  
Tel: 020 7697 7777  
Fax: 020 7697 7799  
[www.torturecare.org.uk](http://www.torturecare.org.uk)

*Service: Medical, social and psychological help to victims and their families.*

### Refugee Floating Support Scheme

Mind in Haringey  
Station House  
73c Stapleton Hall Road  
Stroud Green N4 3QF  
Tel: 020 8340 2474

*Service: Practical and emotional support provided through weekly visits for up to six clients.*

## Victims of crime including rape

In an emergency dial 999

### Haringey Police Community Safety Unit

98 Tottenham Lane  
Hornsey N8 7EJ  
Tel: 020 8345 1944

### Haringey Women's Aid

PO Box 915  
Hornsey N8 7EE  
Tel: 020 8341 4665  
Fax: 020 8341 4665  
Email: [s.draper@btconnect.com](mailto:s.draper@btconnect.com)  
Service: *Temporary crisis accommodation for women and children fleeing domestic violence.*

### NHS direct

Tel: 0845 46 47 48  
Website: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
Service: *24-hour health helpline.*

### The Haven Whitechapel Sexual Assault Referral Clinic

9 Brady Street  
Whitechapel E1 5DG  
Tel: 020 7247 4787  
Service: *24-hour services to survivors of rape and serious sexual assault in north and east London.*

### Sexual Violence Legal Advice Line

Helpline: 020 7251 8887  
Email: [info@row.org.uk](mailto:info@row.org.uk)  
Website: [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)  
Service: *Free confidential advice to women on rape, sexual assault and other sexual violence.*

## Survivors

Tel: 0845 122 1201

Service: *Helpline for male victims of sexual abuse, including rape.*

## Victim Support Haringey

24-26 Commerce Road

Wood Green N22 8ED

Tel: 020 8888 9878

Fax: 020 8888 9848

Email: [admin@vsharingey.freeserve.co.uk](mailto:admin@vsharingey.freeserve.co.uk).

Service: *Free, practical and emotional support to victims of crime independent of the police. Help with criminal injuries compensation claims. Support provided for court witnesses including pre-trial visits. For witness service support contact Highgate on 020 8347 9405 or Lordship Lane on 020 8801 3770.*

## Women

### Haringey Council - Equality & Diversity Unit

3rd Floor, Wood Green Central Library

High Road, Wood Green N22 6XD

Tel: 020 8489 2574

Fax: 020 8489 2575

Email: [equalities@haringey.gov.uk](mailto:equalities@haringey.gov.uk)

Service: *The equalities team offer a range of services for women. It also provides free advice and support to women on gender equality issues.*

### Haringey Women's Forum

1 Bruce Grove

Tottenham

N17 6RA

Tel: 020 8885 4705

Fax: 020 8880 9135

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

Website: [www.hwfonline.org.uk](http://www.hwfonline.org.uk)

Service: *Advice, counselling and support on range of women's issues.*

### Parental Depression Helpline

Tel: 0845 120 3746

Service: *For those women experiencing depression before or after childbirth.*

### Threshold Infoline

Tel: 0808 808 6000

Service: *Advice about mental health issues for women.*

### Women's Therapy Centre

10 Manor Gardens

Holloway N7 6JS

Tel: 020 7263 7860

Fax: 020 7281 7879

Email: [Enquiries@womenstherapycentre.co.uk](mailto:Enquiries@womenstherapycentre.co.uk)

Website: [www.womenstherapycentre.co.uk](http://www.womenstherapycentre.co.uk)

Service: *Psychoanalytic psychotherapy to women - individuals and groups. Low cost sessions available, but you should phone first to check availability.*