

Islington Library and Heritage Services

Mental Health and Wellbeing in Islington - Information and help guide 2011



In partnership with



ISLINGTON



Ashley Road Centre (Islington Mind)

35 Ashley Road

London

N19 3AG

Telephone: 020 7272 6936; 020 7561 5289

Email: admin@islingtonmind.org.uk

Website: <http://www.islingtonmind.org.uk/>

Drop in centre is open to anybody who feels lonely, isolated or distressed with an emphasis on support for people with mental health problems.

Association for Group and Individual Psychotherapy (AGIP)

1 Fairbridge Road

London

N19 3EW

Telephone: 020 7272 7013

Email: office@agip.org.uk

Website: <http://www.agip.org.uk>

Psychoanalytic psychotherapy offered to adults. Contact is at least once weekly on a medium or long term basis. Appointment times variable. Ring for details of fees, Monday to Friday from 9.30am to 12.30pm

Camden and Islington NHS Foundation Trust

2nd Floor, East Wing

St. Pancras Hospital

4 St. Pancras Way

London

NW1 0PE

Telephone: 020 3317 3117 (advice line)

Email: feedback@candi.nhs.uk

Website: www.candi.nhs.uk

The Trust provides a wide range of services available for people with mental health problems in Islington

Caspari Foundation

Caspari House

1 Noel Road

London

N1 8HQ

Telephone: 020 7704 1977

Email: admin@caspari.org.uk

Website: www.caspari.org.uk

The Caspari Foundation supports children and young people with emotional and behavioural barriers to learning which hold back their development.

Child and Adolescent Mental Health Service (CAMHS)

Northern Centre
580 Holloway Road
London
N7 6LB

Telephone: 020 7445 8150

Email: i.camhs@islingtonpct.nhs.uk

Website: www.islingtonpct.nhs.uk

The aim of Islington Child and Adolescent Mental Health Service (CAMHS) is to provide high-quality specialist and multi-disciplinary diagnostic assessment and treatment services for children and adolescents experiencing a range of emotional and behavioural difficulties or suffering psychiatric disorders.

Creativity Centre

76-80 Isledon Road
London
N7 7LB

Telephone: 020 7700 7458

An arts studio for people with mental health problems, supported by Camden and Islington Care Trust. Based in the Mental Health Resource Centre.

Education and Employment Project (Hanley Road)

75 Hanley Rd
Islington
London
N4 3DQ

Telephone: 020 7281 6221

The focus of this project is on providing a range of courses which will equip participants with skills which may lead either to employment or a course at college. The centre accepts both people with severe mental health problems and a percentage of people whose lives have been severely disrupted by mental health difficulties, but who are not in contact with services.

Employment Project (Islington Mind)

Islington MIND
8 Manor Gardens
London
N7 6LD

Telephone: 020 7272 6747

Email: admin@islingtonmind.org.uk

Website: www.islingtonmind.org.uk

Set up by Islington MIND. It's for anyone who has experienced or is experiencing mental health problems and who needs help with job search including CVs, application forms, vocational guidance, training, Further education, work experience, voluntary work, confidence building, college courses, etc.

Highbury Grove Crisis Project

18 Highbury Grove
London
N5 2EA

Telephone: 020 7288 1051

Email: highbury@umbrellacare.org.uk

A crisis service for people with mental health problems run by UMBRELLA. Offers a Residential service as an alternative to hospital, by providing up to 2 weeks overnight stay. An in-reach service is available at the centre once the person has returned home. Also offers a Night Centre service, providing support for up to 15 people at any one time.

Hillside Clubhouse

1 Hilldrop Road
London
N7 0JE

Telephone: 020 7700 6408

Email: enquiries@hillsideclubhouse.org.uk

Website: www.hillsideclubhouse.org.uk

Day club offering work and social opportunities to people aged 18 or over, living in Islington with long-term mental health problems.

Holy Cross Centre Trust

Holy Cross Centre
Holy Cross Crypt
Cromer Street
London
WC1H 8JU

Telephone: 020 7278 8687

Email: cmt@hcct.org.uk

Website: www.hcct.org.uk

HCCT works with people who are socially excluded in a variety of ways in Camden and Islington. It runs 5 projects: Holy Cross Centre, which offers support to homeless people and those with mental health problems; St Pancras Refugee Centre, which gives advice and support to refugees and asylum seekers; The Haven Club, which is a social club for anyone with drug or alcohol problems; Camden and Islington Flexi-care, which helps people with mental health problems, brain injuries and those with HIV/AIDS; The Italian Club, a project set up to respond to the large community of heroin users in Kings Cross, but which now deals with wider issues.

iCope –Islington Psychological Therapies and Well-being Service (NHS Service)

In most GP Surgeries in Islington, and other locations throughout the borough.

Telephone 0303 123 1000 (Self-Referral line)

Email: icope.referrals@islingtonpct.nhs.uk

Website: www.islington.nhs.uk/icope

Provides help for conditions such as anxiety and depression. It is a therapeutic service, where you can discuss how you feel and seek solutions with a trained professional. The service is for adults registered with a GP in Islington or who live in Islington but do not have a GP. If you would like to receive help for depression and/or anxiety, you can refer yourself by telephoning the above self-referral line.

Imece Turkish Speaking Women's Group

2 Newington Green Road

London

N1 4RX

Telephone: 020 7354 1359

Email: info@imece.org.uk

Website: www.imece.org.uk

A women only organisation that aims to empower Turkish, Kurdish and Turkish Cypriot women by providing culturally sensitive services. Also provides advice and information on domestic violence, welfare benefits, housing, immigration, mental health, employment and education.

Immigrant Counselling and Psychotherapy (ICAP)

96 Moray Road

Finsbury Park

London

N4 3LA

Telephone: 020 7272 7906

Email: info@icap.org.uk

Website: www.icap.org.uk

ICAP is a professional counselling service and registered charity. Also offers crisis listening, befriending, supervision, consultancy, educational workshops on ethnic issues. Main office in north London, with networks throughout greater London and beyond.

Islington Mind

Manor Gardens Centre

Manor Gardens

London

N7 6LA

Telephone: 020 7561 5289

Email: admin@islingtonmind.org.uk

Website: www.islingtonmind.org.uk

Islington Mind was founded in 1981 and has been actively involved in the development of mental health services in Islington. We are affiliated to [National Mind](#) and work with our local statutory partners: the London Borough of Islington, Islington Primary Care Trust and Camden and Islington Mental Health and Social Care Trust.

Islington Music Forum

St. Luke's Centre

90 Central Street

London

EC1V 8AJ

Telephone: 020 7549 8172

Email: info@islingtonmusicforum.org.uk

Website: www.islingtonmusicforum.org.uk

Islington Music Forum provides non-clinical music therapy for people whose lives are affected by mental health issues.

Mental Health Media

356 Holloway Road
London
N7 6PA

Telephone: 020 7700 8171

Email: info@mhmedia.com

Website: www.mhmedia.com

Produces video, television and radio programmes along with CD-roms and websites about learning difficulties, mental distress and well being. Provides media skills training to anyone involved in mental health, also works towards helping journalists print and broadcast the voices of people who have experienced mental distress.

Mind in Camden Tranquilliser Services

Barnes House
9 -15 Camden Road
London
NW1 9LQ

Telephone: 020 7911 0816

Free and confidential service prioritised to those living and working in Camden and Islington. The Minor Tranquilliser Project supports people who experience difficulties with benzodiazepine use (sometimes known as minor tranquillisers or sleeping pills).

Nafsiyat – Intercultural Therapy Centre

Unit 4 Clifton House
42/3 Clifton Terrace
London
N4 3JP

Telephone: 020 7263 6947

Email: admin@nafsiyat.org.uk

Website: www.nafsiyat.org.uk

Nafsiyat provides psychotherapy for patients from diverse cultural backgrounds, including family, couple and child therapy.

NHS Islington

336-348 Goswell Road
London
EC1V 7QL

Telephone: 020 7527 1000

Website: www.islington.nhs.uk

Website: www.islington.nhs.uk/icope

NHS Islington, formerly called Islington Primary Care Trust, is responsible for all primary and community healthcare services for the London Borough of Islington.

NHS Islington also manages a site, ICOPE, to advise people on mental health conditions.

North London Muslim Community Centre

66-68 Cazenove Road
London
N16 6AA

Telephone: 020 8806 1147

Provides out of school activities for all ages, Mother/Toddler group, summer play-schemes and mental health care projects. Advice Surgery on various issues, especially parenting.

Outcome – North London’s Lesbian, Gay, Bisexual and Transgender Mental Health Drop-In

Ashley Road Day Centre
35 Ashley Road
London
N19 3AG

Telephone: 020 7272 5038; 6936

Email: brianhagan2003@yahoo.co.uk, ossir@hotmail.co.uk

Offers support, advice, counselling and complimentary therapies to LGBT people with mental health problems.

Palace for All

c/o The Laundry
Sparsholt Road
London
N19 4EL

Telephone: 020 7561 1689

Email: info@palaceforall.org.uk

Website: www.palaceforall.org.uk

PALACE (Play and Learn and Creative Education) offers services, activities and events to help special needs children with a range of physical and learning difficulties.

Peter Bedford Housing Association

Legard Works
Legard Road
London
N5 1DE

Telephone: 020 7226 6074

Email: admin@peterbedford.org.uk

Website: www.peterbedford.org.uk

For motivated single people, 25-65 yrs, with mental health problems in need of supportive housing.

Refugee Therapy Centre

1A Leeds Place
Tollington Park
London
N4 3RQ

Telephone: 020 7561 1587

Email: info@refugeetherapy.org.uk

Website: www.refugeetherapy.org.uk

The Refugee Therapy Centre offers culturally and linguistically sensitive psychotherapy and counselling for refugees and asylum seekers.

Southwood Smith Centre (Islington Mind)

Southwood Smith Street Day Centre
St. Alban's Place
Upper Street
London
N1 0YL

Telephone: 020 7288 2500

Website: www.islingtonmind.org.uk

Rehabilitation day centre for people with mental health problems.

Stuart Low Trust

Suite 7
24-27 White Lion Street
London
N1 9PD

Telephone: 020 7733 3484

Email: info@slt.org.uk

Website: www.slt.org.uk

Charity dedicated to ensuring that local people with mental health problems have access to the range of facilities available to them. Runs courses for mental health carers, drop-in service, outings and social events.

Tavistock Clinic

120 Belsize Lane
NW3 5BA
London

Telephone: 020 7453 7111

Email: ntemple@tavi-port-nhs.uk

Website: www.tavi-port.org

For Islington and Camden residents who need marriage guidance or couple counselling. Also offers support for those suffering from the aftermath of a traumatic event, perinatal bereavement and personality disorders.

Umbrella

354 Goswell Road
London
EC1V 7LQ

Telephone: 020 7278 3709

Email: info@umbrellacare.org.uk

Website: www.umbrella.org.uk

Mental health charity which provides a range of services. Provides a range of community based services in North London, these include nursing homes, care homes, a crisis centre and phone-line and a specialist home-care service for older people.

Islington Library and Heritage Services

We have information, services and resources that may help people with low level mental health conditions, from books, film and music stock to help you relax, and free computer and internet access, to book-based and online information, study spaces, and newspapers and magazines. We even have a service that can visit you if you leave your home. Our Books on Prescription Scheme run with NHS Islington, enables GPs and practitioners to prescribe self-help books in addition to treatments for mild mental health conditions. Find out more at: www.islington.gov.uk/libraries, or phone, or email the address below.

Produced by Islington Library and Heritage Service

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