



Support for Young People

The **wish centre** is offering digital mental health support services to Harrow based young people aged 11-25.

Our services include 1:1 Therapy, Peer Support Groups & Activities for Wellbeing.

We can support young people with self harm, exploitation, abuse, domestic violence, anxiety, depression, bereavement, isolation, low mood and low self esteem.

Wish will be offering a mix of digital therapy during school time and after school, online peer support groups and face to face work in line with guidance.

Refer at www.thewishcentre.org.uk

We are taking all referral types over this period e.g. parent, self, school, social care.

We will not accept a referral if:

- The young person hasn't consented
- The young person is currently using class A drugs
- Recent exploitation of others

For out of school digital services we will risk assess young people who are referred with recent suicide attempts.

**For more information text/ call
07534 991931
or 07834 477979
(this is not a crisis line).**

Registered charity no. 1125263