

- Counselling Services

[HCC](#) (Highgate Counselling Centre) Adult individual, couples and family counselling

[IAPT](#) (Improving Access to Psychological Therapies) Age 16 +

[It's good to talk](#) (BACP - British Association of Counsellors and Psychotherapists) Children and adults

[MIND](#) (Haringey) Adults

[One in Four](#) (service supporting those who have experienced childhood sexual abuse)

[Open Door](#) (Youth Counselling Service (12-24)

[Poles in Need](#) – (Family support service for the Polish Community in UK)

[PPA](#) (Polish Psychologists' Association)

[The Counselling Directory](#) (professional counsellors and psychotherapists) Children and adults

[Young Women's Trust](#) (support & coaching, for young women aged 16-30)

Specialist Services

- Bereavement

Cruse Bereavement Care

[SOBS](#) (Survivors of Bereavement by Suicide)

[The Compassionate Friends](#) (Support after the death of a child of any age)

- Child and Adolescent Services

[CAMHS](#) (Child and Adolescent Mental Health Service) BEH

[CIC](#) (Children in Care) Haringey / Whittington Trust

[HYAS](#) (Haringey Young Adults Service)

[YMCA](#)

- Drug and Alcohol Addiction

[Blenheim CDP](#)

[HAGA](#) (Action on Alcohol)

[The Grove Drug Treatment Service](#) (Haringey)