

# Mental health

If you are experiencing mental ill health, find out about services that could provide practical support and help find accommodation.

## Homelessness and mental health

There are a number of services which can provide support if you are experiencing mental ill health. If you are undiagnosed, you should seek treatment from your GP. They may provide a referral to specialist services.

The Barnet Assessment Service at the Dennis Scott Unit in Barnet Hospital can provide you with an initial triage assessment of your needs and refer you to services which can meet those needs. They can be contacted on **0208 702 5000**.

Shelter can provide advice over the phone on **0808 800 4444** or at a local advice centre. They can also help you find somewhere to stay if you are in need of shelter urgently.

## Applying to Barnet Homes for assistance

You can approach our Housing Options service for assistance if you are homeless or at risk of homelessness. We will give you advice about finding somewhere to live and we can refer you to other services which can help you secure a property. We will open a homelessness application for you, and if you are eligible for assistance and are homeless or threatened with homelessness within 56 days you will be helped by one of our frontline teams.

If you qualify for assistance with rehousing, we may provide emergency accommodation and we can help you move to a property in the private rented sector. Phone Housing Options on **020 8610 3539** for advice and assistance.

## Other services that can help

**Mind in Barnet** | 0208 906 7500

Advocacy, support, and counselling services for those with diagnosed mental health conditions.

Email: [advocacy@mindinbarnet.org.uk](mailto:advocacy@mindinbarnet.org.uk)

**Barnet Wellbeing Hub** | 0333 344 9088

Referral service for information, advice, advocacy, wellbeing groups, and therapies.

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

**Outreach Barnet** | 0203 115 1185

Short-term support for housing-related support needs.

Email: [duty@outreachbarnet.org.uk](mailto:duty@outreachbarnet.org.uk)

Referral form: <https://www.outreachbarnet.org.uk/referrals/>

**Homeless Action Barnet** | 0208 446 8400

Day shelter services, advice and information, and links to night shelters.

Address: 36B Woodhouse Road N12 0RG

Hours: 9:00-15:00 Monday to Friday

**Shelter** | 0808 252 7645 (emergency) 0808 163 1462 (non-emergency)

Housing and homelessness advice charity, helping with homelessness, evictions, private renting, benefits and more.

Online: <https://england.shelter.org.uk/>

**Barnet Citizen's Advice Bureau** | 0300 456 8365

Advice service helping with benefits, debt, employment, housing, relationship breakdown and more.