**Services to Support families across Barnet and North London**

1. **Home-Start Barnet**

Tel number: 0208 371 0674

We support families in the boroughs of Barnet, Brent, Enfield and Harrow who are facing issues such as loneliness, isolation, financial difficulties, anxiety, post-natal depression, ill health, multiple births, or disabilities. We help them grow in confidence, strengthen their relationships with their children and forge links with the local community.

<https://homestartbarnet.org/>

**2.  Young Minds Barnet**

Helpline number: 0808 802 5544

**Opening Hours**

**Parents Information Service:** 0800 018 2138 (Mon & Fri 10.00am-4.00pm & Weds Eve. 6.00pm-8.00pm​

Young Minds is a national charity committed to improving the health of all children. Services include free, confidential telephone helpline offering information and advice for adults with concerns about the mental health of a child or young person. Young Minds also offers consultancy, seminars and training, leaflets, booklets for young people and publishes a magazine.

<https://www.barnet.gov.uk/directories/support-organisations/young-minds>

1. **Barnet Young Carers**

Tel number: 0203 9951909

We support carers between the age of 5 and 17 across the Borough.

It does not matter what age the young person is, what school they go to, or why they are caring for someone.  We are here for all young carers!

Young carers can get in touch with us directly or ask a teacher to contact us and we will arrange to visit the child and their family to see how we can best help.

<https://www.barnet.gov.uk/young-people/young-carers>

<https://barnetyoungcarers.org.uk/>

1. **Grief Encounter**

Tel number: 0808 802 0111

We work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief. Our services include:

* One-to-one counselling
* Group workshops
* Music, art and drama therapy
* Residentials and Family Fun Days
* A National, free and confidential helpline called grieftalk offering web chat service too
* Bespoke support for schools, universities and colleges
* A dedicated Trauma Team for support following a sudden or traumatic bereavement.

<https://www.griefencounter.org.uk/>

1. **Barnet Integrated Clinical Services (BICS)**

Tel: 020 8359 3130 (Our support line is open from 9am to 5pm).

Barnet Integrated Clinical Services (BICS) provides mild to moderate mental health services to children, young people and families in the borough.

**What we do**

If you live in the borough or attend a Barnet school and are struggling with social, emotional or behavioural difficulties, we might be able to help.

We offer a range of individual and family evidence based interventions, alongside groups and workshops.

We can meet face-to-face or virtually either in school or in the community.

We also offer a range of online content to support wellbeing and good mental health in Barnet.

**Contact us**

Email: [**BICS@barnet.gov.uk**External link](mailto:BICS@barnet.gov.uk) for general enquiries.  
  
  
**Please note that BICS is not an emergency service, and should you have any immediate risk concerns you should contact**[**MASH**](https://www.barnet.gov.uk/node/2051)**or call 999.**

1. **Solace Advocacy & Support (Barnet)**

Tel: 02038745003

Solace Advocacy & Support Service provides support to survivors of domestic abuse in Barnet.  
With an allocated Advocate, they will provide practical and emotional support, information, advocacy and specialist services to increase safety and meet a range of needs - these can include ongoing safety concerns, emotional or housing support, legal options, reporting to the police, help around child contact, benefits and financial advice.

Contact: [barnet.advocacy@solacewomensaid.org](mailto:barnet.advocacy@solacewomensaid.org)

1. **Special Educational Needs and Disability Information and Advice Support Service (SENDIASS)**

**Tel:** 020 8359 7637

Email: [**SENDIASS@barnet.gov.uk**](mailto:SendIASS@barnet.gov.uk)

We are a statutory service that offers confidential and impartial information, advice and support to parents, carers and young people, to enable you to make informed decisions about your own or your child's special educational needs.

The service is available to all parents and carers of children and young people with a special educational need, between the ages of 0 and 25 that live in Barnet.

Our primary aim is to empower parents and carers to play a key role in their child/young person’s education.

We offer parent/carers and young people the opportunity to talk things through and voice their concerns.

Barnet SENDIASS can help parents, carers and young people to understand the law around special educational needs and what options are available to them.

[Barnet SENDIASS](https://www.barnetlocaloffer.org.uk/pages/home/information-and-advice/education-health-and-care/who-can-help/send-information-advice-and-support-service-sendiass)

1. **Barnet Local Offer**

This website helps children and young people with Special Educational Needs and/or Disabilities and their families find the information and support they are looking for, from across the Barnet local area.

We aim to update the website regularly and welcome your feedback and suggestions.

<https://www.barnetlocaloffer.org.uk/>