



# Brent Cove Drop-in

**For residents of Brent aged 16+.**

**No appointment needed.**

A safe, inviting and inclusive space for individuals who are struggling to cope with their mental health.



**Open everyday, 2pm-10pm**

**27 - 29 Fairlight Avenue  
NW10 8AL**

**Hestia.org**



**BH.Cove@hestia.org | 07469 856963**

## How to access the service

Individuals (16+) can just turn up thanks to our Open Access service, or they can be booked an appointment following a referral made by CNWL services and GPs.



**Scan the QR code  
for our Website**

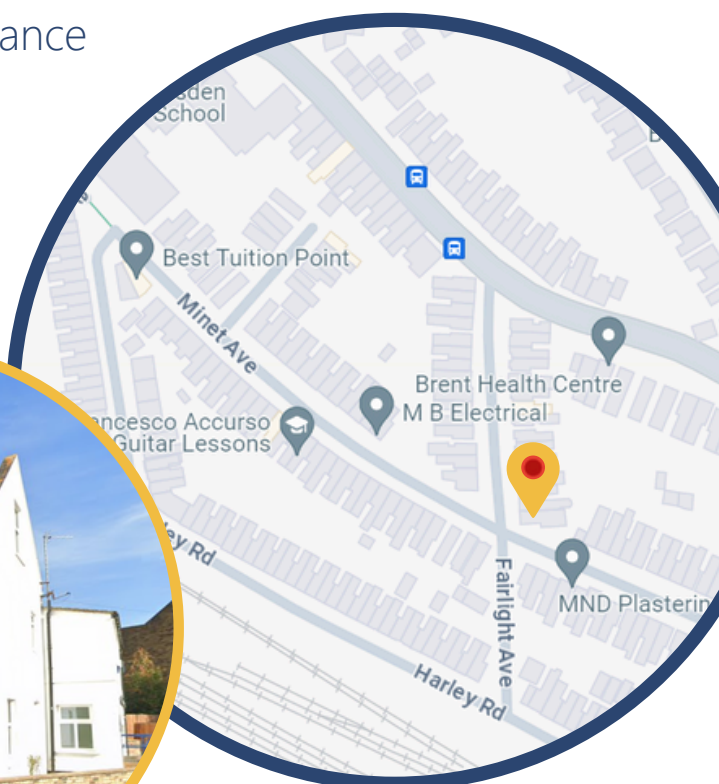
## Support and activities will include:

- Advice, information and signposting.
- One-to-one support.
- The opportunity to develop a safety plan to look after your mental health in the future.
- Peer support.
- Hot drink and snack.
- Group activities.

We offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.

Our aim is to support you to reduce immediate anxiety, formulate individual safety plans to support your mental health and reduce the likelihood of you requiring further assistance from other crisis services.

**Nearest station is Harlesden  
(Bakerloo and Overground)  
and 187, 206, 226, 228, 260  
& 487 bus routes.**



**Hestia.org**

