



*Improving lives together*

# Cygnet Hospital Harrow

**Complex Mental Health and  
Autism Services for Adults**

- **NEW** Springs Court - Female
- Springs Service - Male





# Introduction

**Cygnets Hospital Harrow supports adults with mental illness, autism and other complex needs. Springs Court and Springs Service aim to equip individuals with the tools that they need to achieve their goals and progress along their care journey. We can support planned transitions as well as emergency or crisis admissions.**

Our Multi-Disciplinary Team (MDT) work together with individuals to provide a holistic, person-centred, comprehensive assessment and care plan. The team are highly experienced, with staff members trained in understanding autism, mental health conditions, and in creating a supportive environment for everyone.

Our person-centred, positive behavioural support focus seeks to reduce behaviours of distress and treat mental health symptoms. We develop independent living skills and social integration through a variety of therapies and activities, and timetables are co-produced with those in our care.

Our Occupational Therapy team explore sensory integration strategies to support emotional regulation, focus, social skills, daily functioning and more. Through functional behaviour analysis, our Psychologists formulate tailored interventions with a proactive approach.

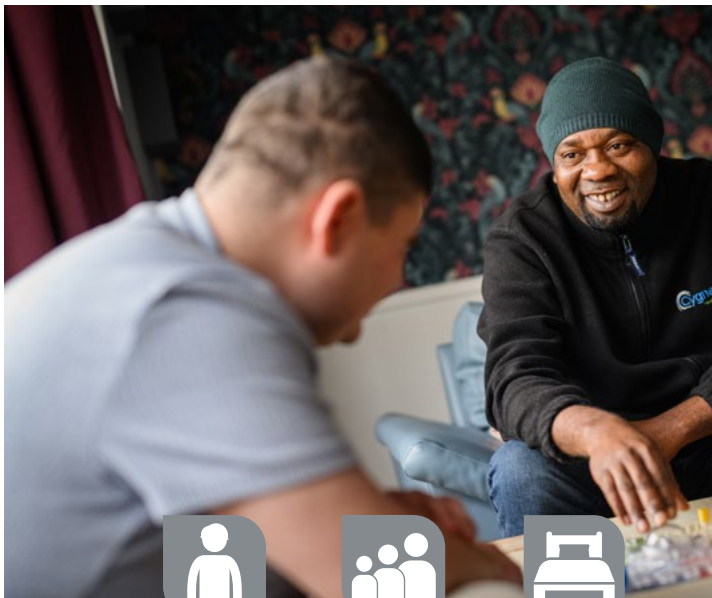
Our team includes specialists who are trained to administer the Autism Diagnostic Observation Schedule (ADOS). This allows us to provide thorough and accurate assessments for individuals who may need a diagnosis or a more in-depth evaluation of their needs. The MDT ensures everyone's needs are met in a way that helps achieve stability and prepares individuals for discharge to the least restrictive setting. We work closely with families, carers and other health professionals to ensure that individuals have a strong care and support network.

Cygnets Hospital Harrow is in Harrow on the Hill in six acres of private land. Nearby are plenty of parks, shops, leisure centres and there are excellent road and rail links.

## Our Facilities:

- En-suite bedrooms
- Calm and relaxing communal spaces
- Dining Room
- Quiet Lounge
- Therapy Rooms
- Sensory Room
- Gym
- Social Hub
- Gardens





## Springs Service

Springs Service (Springs Centre and Springs Wing) at Cygnet Hospital Harrow is a service for men with mental health needs and/or a diagnosis of autism, who may have additional complex needs.

Springs Service is formed of two wards, Springs Centre and Springs Wing. We provide a care pathway to support men to move to a community placement, or return to their home. We have distinct living areas to allow each person to receive the level of support they need to prepare for the next step along their journey.



Male



18+ Years



20 beds

### Our Service User Profile:

- > Adults aged 18+ years (Male for Springs Service, Female for Spring Court)
- > Diagnosis of mental illness with complex needs
- > Diagnosis of autism
- > May include a history of substance misuse
- > May present with behaviours of distress
- > May present with forensic history
- > May be detained under the Mental Health Act or informal
- > Typical diagnoses include:
  - Autism
  - Asperger's syndrome
  - Bipolar affective disorder
  - Depression
  - Personality disorder
  - Post-traumatic stress disorder
  - Psychosis
  - Schizophrenia
  - Schizo-affective disorder

**NEW**

## Springs Court

Springs Court is our new service for women with mental illness and/or autism, with other complex needs.

The service offers a robust environment for women to achieve their goals in order to progress towards greater independence. We support women with diverse and often high-level needs, helping them navigate multiple health and life challenges.



Female



18+ Years



8 beds





# How to Make a Referral

**We are able  
to take referrals  
7 days a week.**

To make a referral  
please contact **your  
regional Business Relationship  
Manager.**

Alternatively, you can contact  
the Cygnet Bed Hub on:  
**0808 164 4450 /  
chcl.referrals@nhs.net.**



## Planned admissions referral steps:

- 1** Referral made to your **regional business relationship manager** or 0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2** Assessment arranged and undertaken via our assessment team
- 3** Feedback provided on whether our service can meet the individual needs
- 4** Assessment pack formulated including care plans and funding information
- 5** Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

CYG-1946 | Date of Preparation: 26/09/25

Please visit [cygnetgroup.com](https://cygnetgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care