

Mental Health and Wellbeing

If you are dealing with a mental health crisis or emergency and want to speak to someone, please click here for a list of phone numbers you can call:
<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/#.XK21DqBKjCo>

| | Provider | Service Provided | How to access |
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| Children and Young People |  | <p>Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.</p> <p>Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.</p> <p>It is accessible through mobile, tablet, desktop, and free at the point of use.</p> | https://kooth.com/ |
| | <p>Headstart Newham</p>  | <p>You can also find lots mental health and wellbeing resources for schools and parents to support children and young people. Take a look at what they have to offer: HeadStart Newham Newham Connect</p> | HeadStart Newham Newham Connect |

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| |  <p>Newham London</p> | <p>Newham Local Offer will be updated regularly to help you find information about local services, support, activities and events for children who have special educational needs and disabilities (SEND).</p> | <p>https://families.newham.gov.uk/kb5/newham/directory/localoffer.page?localofferchannel=0 Email: local.offer@newham.gov.uk</p> <p>Telephone: 0203 373 2051, Mon – Fri , 10am – 2pm</p> <p>We will try to respond to emails or voicemails within 2 working days.</p> |
| | <p>Newham Child and Family Consultation Service (CAMHS) Community Mental Health Teams - Child & Adolescent</p> | | |
| |  <p>childline</p> <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p> | <p>Offer free advice, resources, online and phone support.</p> <p>Childline has created a webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is, where children and young people can find help if they are worried, coping if they are staying at home and what to do if they are feeling unwell.</p> | <p>https://www.childline.org.uk/08001111</p> <p>https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</p> |
| |  <p>YOUNG MiMINDS</p> | <p>Online resources and support including Young Minds Crisis Messenger text service providing free, 24/7 crisis support across the UK.</p> | <p>https://youngminds.org.uk/ https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger YM to 85258.</p> |

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| |  <p>Prince's Trust</p> <p>START SOMETHING</p> | <p>Offering a Coronavirus Support Hub</p> <p>One-to-one support, advice and guidance so young people can continue to develop confidence and upskill.</p> | <p>https://www.princes-trust.org.uk/help-for-young-people 0800 842 842</p> |
| |  | <p>The NHS also has a handy list of Apps you can access for support with wellbeing and mental health</p> | <p>https://www.nhs.uk/apps-library/category/mental-health/</p> |
| | <p>HOPELINEUK</p> | <p>A specialist telephone service for support, practical advice and information to young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person.</p> <p>Available Anytime (24/7)</p> | <p>call 0800 068 41 41 or text 0778 620 9697</p> |
| <p>Adults (Older People)</p> | <p>Newham Mental Health Crisis Line</p> | <p>Call Newham's Mental Health Crisis Helpline as an alternative to A and E for your mental health needs</p> <p>Available 24 hours a day including weekends and Bank Holidays</p> <p>The Crisis Line clinician will:</p> | <p>Call: 020 7771 5888</p> <p>https://www.elft.nhs.uk/service/448/Newham-Mental-Health-Crisis-Helpline</p> |

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| | | <ul style="list-style-type: none"> • Undertake an assessment of your mental health needs over the phone. • Where needed we may offer you a face and face assessment of your needs within 4 hours. <p>Provide accurate information and advice about local mental health services communicate with other services or teams on your behalf if you wish.</p> | |
| |  <p>East London NHS Foundation Trust</p> <p>Newham Talking Therapies</p> | <p>Newham Talking Therapies is a free and confidential NHS service for local people. If you are 18 and over or (16-17) and not in full time education, NTT can offer quick and easy access to help and support.</p> | <p>Don't wait for things to get worse. Don't struggle for too long. Take your first step now. You can refer yourself by calling us on: Tel: 0208 475 8080</p> <p>Or by visiting our website: www.newhamtalkingtherapies.nhs.uk</p> <p>The service is available to anyone who lives in Newham Or is registered with a Newham GP. We will contact you to offer an appointment within a couple of days of receiving the referral.</p> |
| Everyone |  | <p>Samaritans is a registered charity that provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.</p> <p>Information and online resources in response to COVID-19 can be accessed via:</p> | <p>www.samaritans.org</p> <p>Available 24 hours a day, 365 days a year by phone. Call 116 123 free.</p> |

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| | | https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/ | |
| |  | <p>This service is free for anyone living in London and can support individuals in managing their own mental health and building resilience so they can perform at their best</p> <p>It is available to you 24/7 on any device and is completely anonymous</p> <p>It includes over 120 online resources including wellbeing information sources; guides to improving mental health; courses on and offline; mobile apps and other therapy approaches suitable for London's modern, highly-mobile population.</p> | https://www.good-thinking.uk/how-service-works/ |



**in Tower Hamlets
and Newham**

Mind is a mental health charity and provides the following services in Newham:

- Newham Bereavement Service: for adults living in Newham who have experienced grief, loss and bereavement. It includes bereavement counselling; group support; and advice and information
- The Adolescent Advocacy Device in the Coborn Unit for Adolescent Mental Health is an in-patient service for young people with complex and severe mental health difficulties for those aged between 12 and 18 years old.

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

020 7510 1081