

East London NHS Foundation Trust

# SUPPORT WITH YOUR MENTAL HEALTH

Tower Hamlets Crisis Services

**TOWER HAMLETS CRISIS LINE**  
**24/7 FREEPHONE**

**0800 073 0003**



**Are you feeling overwhelmed? Do you need support with your mental health? Do you need information on accessing local mental health services?**

**(You will speak to a qualified mental health professional)**

## **THE TOGETHER CAFÉ**

**OSMANI CENTRE, 58 UNDERWOOD ROAD, E1 5AW**

**0808 196 2103 (Freephone)**

**WALK-IN, BETWEEN THE FOLLOWING TIMES:**

**WEEKDAYS – BETWEEN 5 PM AND 9 PM**

**WEEKENDS AND BANK HOLIDAYS – BETWEEN 12 MIDDAY AND 9 PM**

**Do not let things build up or escalate.....**

**You will have access to a recovery worker, peer support worker and mental health professionals who can offer support and creative interventions to help you to cope more effectively.**

**(The following support is available to all residents of Tower Hamlets and is free to use)**