

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

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)