

HELP WITH EMOTIONAL AND MENTAL HEALTH

Support for people 18 years and older

What's available and how can you get it



Newham Talking Therapies: Free and confidential psychological support to help you manage your emotional difficulties and feel better. www.newhamtalkingtherapies.nhs.uk

A translator can be arranged for any communication needs. Speak to your doctor or refer yourself by filling in a short form at www.newham.gov.uk/talkingtherapyselfreferral or call **020 8175 1770** Mon-Fri 9am-5pm



Newham Together Café: A safe community space for people over 18 struggling to cope with any changes in their lives. The Together Cafe is free, open at evenings and weekends and you can turn up without making an appointment. Interpreters can be provided if needed. Rokeby Centre, Rokeby Community Hub, 63 Rokeby Street, London E15 3LS **08081 968 710** Nh.togethercafe@nhs.net



Newham Bereavement Service
mithn.org.uk

For adults living in Newham who have experienced grief, loss and bereavement at anytime, either recently or years ago. Refer yourself by completing the online referral form, **020 7510 1081/020 7510 4268** or nbs@mithn.org.uk



Newham 24 Hour Mental Health Crisis Helpline

Free support is available for all ages if your mental health is getting worse or you are in distress and need support from a qualified mental health professional

0800 073 0066

costoflivingresponse@newham.gov.uk

WE ARE NEWHAM.