

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

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Support for children and young people under 18



How to get help?

- Sign up for services below directly
- Talk to your doctor, school, or a youth worker if you need a referral.
- School health service: **020 3373 9983** www.newham.gov.uk/schoolhealth



What is available?

- **Kooth** is a free, safe and anonymous online counselling service for young people aged 10-16 in Newham. You can reach qualified counsellors through mobile, tablet and computer just by joining KOOOTH through the website **020 3984 9337** or contact@kooth.com
- **BounceBack Online:** An online programme to support young people think about the challenges they face and find ways to deal with them. <https://bouncebacknewham.co.uk>
- **Your Time:** Free, confidential for anyone 5-18 years (up to 25 for young people with SEND). 12 sessions helping children and young people to develop skills that are right for them. Your Time can happen where you want, in school, over Zoom or the phone or at Newham's Youth Zones **your.time@newham.gov.uk** www.headstartnewham.co.uk/activities/yourtime
- **ChatHealth** is for 11-19 year olds. It is a confidential text messaging service that enables children and young people to contact their local nursing team for confidential advice and support, visit chathealth.nhs.uk or text **07507 326645**
- **CAMHS** is a specialist mental health service for children and young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families at www.elft.nhs.uk/camhs
- **Child Bereavement UK** helps children who have suffered a loss or death of someone they love at any time. To access this support, visit www.childbereavementuk.org londonsupport@childbereavementuk.org
Helpline **0800 02 888 40** Translators are available at these services

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