





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:






[www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services](http://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services)

Children and Young People	Provider	Service Provided	How to access
		<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 10pm 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>	<p><a href="https://kooth.com">https://kooth.com</a></p>

# Mental Health and Wellbeing

<b>Children and Young People</b>	<b>Headstart Newham</b> 	<p>You can also find lots of 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>	<p>HeadStart Newham   Newham Connect</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><b><a href="http://www.families.newham.gov.uk">www.families.newham.gov.uk</a></b></p> <p><b>Email: <a href="mailto:local.offer@newham.gov.uk">local.offer@newham.gov.uk</a></b>  <b>Telephone: 0203 373 2051, Mon-Fri, 10am-2pm</b></p> <p>We will try to respond to emails or voicemails within 2 working days.</p>
		<p>Newham CAMHS will continue to provide a comprehensive Mental Health Service for young people in Newham but we will be delivering this remotely via telephone or video instead of face to face with all specialist treatment pathways remaining available remotely. A critical response or Duty team based at York house 9-5 Monday-Friday will respond to urgent enquiries. The service is still open to new referrals (self and professional).</p>	<p><b>For urgent referrals and emergencies:</b> From 5pm-9pm, Mon-Fri, this will be offered by the East London Extended Crisis team based at the Coborn Centre and also from 10am -2.30pm over the weekend. The offer is a telephone based service but can offer face to face appointments if necessary. After 9pm emergencies are dealt with by the out of hours on all Psychiatry team from Newham University Hospital.</p> <p><b>Available Monday – Friday, 9-5pm</b>  <b>Newham CAMHS – call 0208 430 9000</b></p>

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<b>Children and Young People</b>	 <p><b>childline</b> ONLINE, ON THE PHONE, ANYTIME childline.org.uk   0800 1111</p>	<p>Offer free advice, resources, online and phone support.</p>	<p><b>www.childline.org.uk</b></p> <p><b>0800 1111</b></p>
		<p>Online resources and support including Young Minds Crisis Messenger text service providing free, 24/7 crisis support across the UK.</p>	<p><b>www.youngminds.org.uk</b></p> <p><b>www.youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger</b></p> <p><b>YM to 85258.</b></p>
		<p>Offering a Coronavirus Support Hub One-to-one support, advice and guidance so young people can continue to develop confidence and upskill.</p>	<p><b>www.princes-trust.org.uk</b></p> <p><b>0800 842 842</b></p>
		<p>The NHS also has a handy list of Apps you can access for support with wellbeing and mental health.</p>	<p><b>www.nhs.uk</b></p>
		<p>The guidance was created on 17th March and includes online resources encouraging young people and their families to stay in touch with their friends and relatives remotely via apps and social media and not to meet face-to-face.</p>	<p><b>www.annafreud.org</b></p>

<p><b>Children and Young People</b></p>	<p><b>HOPELINEUK</b></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. Available Anytime (24/7)</p>	<p><b>call 0800 068 41 41 or text 0778 620 9697</b></p>
<p><b>Adults (Older People)</b></p>	<p><b>Newham Mental Health Crisis Line</b></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> <ul style="list-style-type: none"> <li>• Undertake an assessment of your mental health needs over the phone.</li> <li>• Where needed we may offer you a face and face assessment of your needs within 4 hours.</li> </ul> <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><b>Call: 020 7771 5888</b></p> <p><b><a href="http://www.elft.nhs.uk">www.elft.nhs.uk</a></b></p>

**Adults  
(Older  
People)**

**Newham Talking  
Therapies**



**East London**  
NHS Foundation Trust



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.

**NTT developed a training video, which is easily accessible from this YouTube link which can be shared with the network of volunteers.**  
**<https://youtu.be/XXBa6glQEEo>**

The video focused on:

- Recognising signs of distress/ emotional needs
- If emotional distress is identified/ person not coping then gently knowing how to ask gentle questions without opening up too much
- If further support is needed how to introduce NTT and our services (e.g. how to sign-post to our website, how to self-refer, what type of help we can offer in this COVID-19 crisis, etc.).

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**




Or by visiting our website:



**[www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)**

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><b>Adults (Older People)</b></p>	<p><b>Perinatal Mental Health Team (Newham)</b></p> 	<p>The Perinatal Mental Health Team provides specialist care for women with mental health problems who are pregnant or in the first post-partum year, or who are considering pregnancy. The team hold outpatient clinics in a number of locations around the borough, and provides a liaison service to the maternity wards at Newham General Hospital. Inpatient beds are available at the Homerton Mother and Baby Unit. Home visits can be arranged in late pregnancy and the early postpartum period.</p>	<p>Covid-19 update If you are currently pregnant and suffer from a complex, long term serious mental health condition and on medication. Or if you believe you are becoming unwell with a serious post natal illness for the first time and unable to access your GP to discuss a referral to our service, please call local perinatal team to discuss your needs - <b>0207 363 8801</b>.</p>
		<p>Maternity Mates is currently open to pregnant women living in Newham, Tower Hamlets or Waltham Forest who do not have a suitable support network, or have specific needs or healthcare issues. Please <b><a href="#">click here</a></b> to read more about the women we support, and to make a referral to the service.</p>	<p><b>Telephone: 020 7377 8725</b></p> <p><b>Email: <a href="mailto:maternity.mates@whfs.org.uk">maternity.mates@whfs.org.uk</a></b></p> <p><b>FAX (for confidential correspondence): 020 7377 1064</b></p>
	<p><b>Parents in Mind is available in Newham.</b></p> 	<p>If you are feeling low, anxious, disinterested in your usual activities and are pregnant or within a year of giving birth, then our friendly welcoming support may be for you.</p> <p>Our trained, female peer supporters can offer time and support through the Parents in Mind groups running in the local area.</p>	<p>Attendance is by referral and this can be done by you, or through health professionals such as your midwife, health visitor, GP and family nurse.</p> <p>To refer yourself or someone else, or to find out more please contact Belinda on <b>07525 403673</b> or via email on <b><a href="mailto:parentsinmind.newham@nct.org.uk">parentsinmind.newham@nct.org.uk</a></b>.</p>

<p><b>Adults (Older People)</b></p>		<p>Living with dementia at any time brings everyday challenges for the person and those around them. Coronavirus is making daily life much harder. You may feel anxious, scared or lonely. But you are not alone – help is available.</p>	<p>Coronavirus support from Dementia Connect</p> <ul style="list-style-type: none"> <li>• Call our Dementia Connect support line on <b>0333 150 3456</b>. Or, if you speak Welsh, you can call our Welsh-speaking support line on <b>03300 947 400</b>.</li> <li>• Connect with other people affected by dementia via our online community Talking Point.</li> <li>• Order our full range of free publications</li> <li>• Find relevant dementia information and support with our online tool.</li> </ul> <p><b><a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a></b></p>
<p><b>Everyone</b></p>		<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><b><a href="http://www.samaritans.org/how-we-can-help">www.samaritans.org/how-we-can-help</a></b></p>	<p><b><a href="http://www.samaritans.org">www.samaritans.org</a></b></p> <p>Available 24 hours a day, 365 days a year by phone. Call 116 123 free.</p>

# Mental Health and Wellbeing

<b>Everyone</b>	 <p>Good Thinking</p>	<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 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>	<p><a href="http://www.good-thinking.uk/how-service-works">www.good-thinking.uk/how-service-works</a></p>
	<b>Mental Health Foundation</b> 	<p>Online Resources available on how to look after your mental health during the Coronavirus outbreak.</p>	<p><a href="http://www.mentalhealth.org.uk/coronavirus">www.mentalhealth.org.uk/coronavirus</a></p>



<b>Everyone</b>		<p>Mind is a mental health charity and provides the following services in Newham:</p> <ul style="list-style-type: none"><li>• 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.</li><li>• 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.</li></ul>	<p><b><a href="http://www.mind.org.uk">www.mind.org.uk</a></b> <b>020 7510 1081</b></p>
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