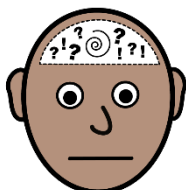


mental health



Mental Health and Wellbeing

Mental Health crisis support call NHS 111
Option 2 in East London:

The Helpline is free to call and available 24 hours a day including at weekends and Bank Holidays. People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional.

Safe Connections:



Safe Connections

Support Newham residents who are experiencing suicidal thoughts.

Tel: 0300 561 0115

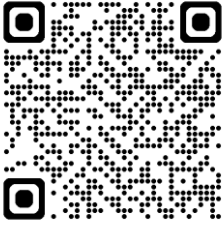
https://www.localoffertowerhamlets.co.uk/organisations/32646-safe_connections-suicide-prevention-helpline



Newham Together Café

Newham Together Café is a crisis support service delivered by Mind. They deliver high quality mental health and emotional support, talking therapies, advocacy and employment support. Their aim is to prevent escalation, reduce isolation, increase independence and self-management and improve wellbeing.

 Together Cafe	Monday-Thursday 5-8pm Friday 3-8pm Weekends/Bank holidays 3pm -8:30pm Stratford Advice Arcade, 107-109 The Grove, London, E15 1HPT T: 07511 075 701 Email: togethercafe@mindthnr.org.uk https://www.mindthnr.org.uk/our-services/mental-health-services/newham-together-cafe/
  Community Health Team	Newham Community Health Team for Adults with Learning Disabilities Can offer mental health support to some people who have a learning disability Not everyone with a learning disability can get support from this team. 020 059 6600 https://www.elft.nhs.uk/service/165/Newham-Health-Team-for-Adults-with-Learning-Disabilities

  Talking Therapies	Talking Therapies You can have therapy to talk about your mental health and wellbeing. Call 020 8475 8080 www.newhamtalkingtherapies.nhs.uk
Helplines	
   Anxiety UK	There are a number of different helplines to support people with their mental health. These include: Anxiety UK www.anxietyuk.org.uk



CALM

CALM

For men with mental health needs
Helpline 0800 58 58 58;

web chat available via their website
<https://www.thecalmzone.net/>

Every day, 5pm–midnight



MIND

MIND

Offers mental health information and signposting.
Call **0300 123 3393** or email them: info@mind.org.uk

Monday to Friday, 9am to 6pm



Samaritans

Samaritans

Confidential telephone or email support
Call 08457 909 090.

Email: jo@samaritans.org

Every day, 24 hours a day



Sane

Sane www.sane.org.uk



Shout

Shout
Confidential text message support
Text only 85258
Every day, 24 hours a day



Together All

Together All
(formerly the Big White Wall)

Online only support. You don't have to give your name www.bigwhitewall.com

Every day, 24 hours a day

	Addiction
  Change, Grow, Live   People First	Alcohol and Substance Misuse Change, Grow, Live https://www.changegrowlive.org/ They can information, advice and support to Newham Residents, their families and friends, and support providers. 0800 652 3879 Newham.referrals@cgl.org.uk 3 Beckton Road, Canning Town, London, E16 People First People First have a number of Easy Read documents about drug or alcohol use Alcohol and substance use

how often do you gamble 	Gambling http://www.begambleaware.org/ This has information, advice and a self-assessment. 0808 8020 133
Mental Health Conditions	
depressed   I had a black dog video	Depression Video about Depression- 'I had a black dog, his name was depression': This is a powerful and beautifully-told animated video https://www.youtube.com/watch?v=XiCrniLQGYc
 foundation for people with learning disabilities  Feeling Down Guide	Feeling Down guide This has information to help people with learning disabilities to take care of their health with the support of their family, friends and support workers. https://www.learningdisabilities.org.uk/learning-disabilities/publications/feeling-down-looking-after-my-mental-health

GRASSROOTS SUICIDE PREVENTION  Suicide Prevention Toolkit	Stay Safe Suicide Prevention toolkit https://prevent-suicide.org.uk/download-resources/
dementia    Alzheimer's Society	Dementia People with learning disabilities have a higher rate of dementia compared to the general population - particularly for those with Down Syndrome. Alzheimer's Society Learning Disabilities and dementia information: https://www.alzheimers.org.uk/about-dementia/types-dementia/learning-disabilities-dementia Easy Read information: https://www.alzheimers.org.uk/get-support/publications-factsheets/accessible-resources/easy-read

  Dementia UK	Dementia UK How to support someone with learning disabilities and dementia. https://www.dementiauk.org/information-and-support/health-advice/learning-disabilities-and-dementia/
  Leeds Resources	Leeds Learning Disability Service Easy Read resources https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/your-health/my-health-a-z/d/dementia/
 C(E)TRs	Care, Education and Treatment Reviews These are for anyone over 14 years old who has autism or a learning disability AND at risk of hospital admission due to their mental ill health or behaviours that challenge https://www.england.nhs.uk/publication/dynamic-support-register-and-care-education-and-treatment-review-policy-and-guide/

religion 	Faith based Newham Council, Barts and the ICB have worked in partnership with Good Thinking to produce faith-based resources to support Mental Health and wellbeing. https://www.good-thinking.uk/faith-and-belief-communities/
 Faith and Belief	



Wellbeing or life organising apps

To find search on your smartphone App swipe up from the bottom of the screen to open the app drawer on Android, or swipe left past your Home Screen pages to find App Library on iPhone

List of some helpful apps

Many of these have a subscription cost or in-app purchases.

- Molehill Mountain:
Helps autistic people understand and self-manage their anxiety. **Free.**
- Headspace:
Mindful Meditation: Everyday mindfulness and meditation, helps to relax, manage stress, find your focus, and release tension.
- Noice:
Natural calming noise: Have uniform background noises to help remain calm and focused.
- Calm- Sleep, Meditate and Relax:
Helps with meditation, sleep and stress.
- Cozi:
Helps with planning and managing everyday life. Can share calendars, reminders and make lists.
- Tiimo:
Visual Daily Planner, designed for people with ADHD, Autism, dyslexia, and everyone who thinks, works, and plans differently.

- Hiki:
Hiki is a friendship and dating app for the Autistic community. It is a place to feel safe, find friendship or love, and most importantly, to be yourself.
- Sleep Cycle: Sleep Tracker:
Personalised sleep tracker and smart alarm clock with a range of features.
- Emergency Chat:
Can be used in any situation where speech is impossible but communication is still necessary.
- HabitRPG:
Gamify good habits and routines
- Todoist:
To do list organiser which can be shared with partners/ family members
- Mood panda:
Mood tracker
- Miracle Modus:
Designed to help manage sensory overload
- Sensoryapphouse.com:
Sensory relaxation or stimulation
- Mindshift:
Shift thinking around anxiety
- Breathe2Relax:
Guided breathing to relax

 ELFT Disordered Eating	Community Disordered Eating Team (Adults) self-referrals A self-referral form to the Community Disordered Eating Team (Adults) is now a for residents of Newham, Tower Hamlets, and City & Hackney. For more information please use the link: https://www.elft.nhs.uk/communitydisordered-eating-team-adults-referral-form
V O D G  MH Medication	Here is information about taking medication for your mental health: https://www.vodg.org.uk/publications/preparing-to-visit-a-doctor-to-talk-about-psychotropic-medication
Books or guides	
	Books Beyond Words Have a wide library of books that have drawings, but no words. Including: • Feeling Cross and Sorting it Out • Ron is Feeling Blue • Sonia is Feeling Sad • When Dad / Mum / Somebody Died

[illegible]