



## Mental Health and Well-being Resource Library



Organisation Name	Support	Contact
<p>ELOP</p> 	<p>We serve the LGBT+ Community across London and Essex.</p>	<p><a href="https://www.elop.org/">https://www.elop.org/</a></p> <p>Tel: 07908553744</p> <p><a href="mailto:admin@elop.org">admin@elop.org</a></p>
<p>Childline</p> 	<p>Free 24 hour helpline for children. Trained volunteer counsellors provide advice, comfort and support to children and young people who may feel they have nowhere else to turn.</p>	<p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p> <p>Tel: 0800 1111</p>
<p>The Hideout</p> 	<p>A space to help children and young people understand domestic abuse and how to take positive action if it is happening to them.</p>	<p><a href="https://thehideout.org.uk/">https://thehideout.org.uk/</a></p>
<p>Love Respect</p> 	<p>A website for young people, highlighting healthy behaviour in relationships through a variety of quizzes and games.</p>	<p><a href="https://loverspect.co.uk/">https://loverspect.co.uk/</a></p>
<p>London Survivors Gateway</p> 	<p>Offers victims and survivors of rape and sexual abuse help to access specialist services in London. They provide information on what help is available in London after rape, sexual assault, sexual abuse or any form of sexual violence and offer support to access these services.</p> <p>They work with anyone aged 13 or above regardless of gender, sexuality, disability, language, ethnicity or immigration status.</p>	<p><a href="https://survivorsgateway.london/">https://survivorsgateway.london/</a></p> <p>Monday to Friday, 10am to 4pm Tel: 0808 801 0860</p>
<p>Nia</p> 	<p>Young Women and Girls' Advocate provides 1-to-1 and/or group work with young women aged between 11- 18 years, who have experienced or are at risk of sexual violence, including but not limited to sexual exploitation, rape, 'gang' sexual involvement, prostitution and trafficking.</p>	<p><a href="https://niaendingviolence.org.uk/">https://niaendingviolence.org.uk/</a></p> <p>Monday, Tuesday, Friday and Saturday mornings 10am to 12pm Monday, Wednesday, Thursday and Friday afternoons 2.30pm to 4.30pm Tuesday, Wednesday and Thursday evenings</p>

		6pm to 8:00pm Tel: 020 7683 1270 Or 07717 308 618  Email: <a href="mailto:aaden@niaendingviolence.org.uk">aaden@niaendingviolence.org.uk</a>
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National Youth Academy Service 	Offer information, advice, advocacy and legal representation to children, young people and vulnerable adults (up to 24 years) through a network of dedicated paid workers and volunteers throughout England and Wales.	<a href="https://www.nyas.net/">https://www.nyas.net/</a>  Tel: 0808 808 1001  Email: <a href="mailto:help@nyas.net">help@nyas.net</a>
Respect Not Fear <small>Produced in consultation with young people in Nottinghamshire by Equason</small> <b>Respect not Fear</b>	A website for young people about healthy relationships, honour based abuse, female genital mutilation and an LGBT section, all with games and activities.	<a href="https://respectnotfear.co.uk/">https://respectnotfear.co.uk/</a>  Tel: 0115 962 3237
Thinkuknow 	Provides resources, training and support for professionals who work directly with children and young people, to help them to stay safe online.	<a href="https://www.thinkuknow.co.uk/">https://www.thinkuknow.co.uk/</a>
<b>Emergency Duty Service/team</b>	<b>Deals with Social Care emergencies for vulnerable adults, children and their families.</b> Daily 5pm to 9am, plus 24 hours Bank Holiday and Weekends. Out of hours emergency service for Social Services.	<b>Tower Hamlets:</b> 0207 364 4079 <b>Havering:</b> 01708433999 <b>Hackney:</b> 02085108980/898 <b>City of London:</b> 02083562300 <b>Waltham Forest:</b> 03005551000 <b>Redbridge:</b> 03005551249 <b>Barking and Dagenham:</b> 03005551201
<b>Out of hours General Practitioners (GP)</b>	<b>Contact a GP out of regular working hours.</b>	<b>Tower Hamlets:</b> 0300 033 5000 <b>Havering:</b> 02037701888 <b>Hackney:</b> 02081850545 <b>City of London:</b> 02081850545 <b>Waltham Forest:</b> 02085193999 <b>Redbridge:</b> 02037701888 <b>Barking and Dagenham:</b> NHS 111 <b>Newham:</b> 0207 511 888
<b>Maytree Sanctuary</b>	<b>One-off short stay in a safe place</b> Maytree Sanctuary - a one-off short stay in a safe place for	<a href="http://www.maytree.org.uk">www.maytree.org.uk</a>

	people in a suicidal crisis.	
<b>SANE Mental Health Helpline</b>	SANE's helpline is a national, <b>7 days a week, out-of-hours (6-11pm)</b> telephone helpline for anyone coping with mental illness, including concerned relatives or friends.	<b>Tel: 0845 767 8000</b> <b>www.sane.org.uk</b>
<b>Switchboard LGBT+ Helpline</b>	Confidential support from LGBT+ Volunteers 10am-10pm every day	<b>Tel: 0300 330 0630</b>
<b>Petes Dragons</b>	Comfort after a suicide A range of bereavement support to anyone affected by suicide	<b>Tel: 01395 277 780</b>
<b>StayAlive APP</b>	The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.  In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.	<a href="https://www.stayalive.app/">https://www.stayalive.app/</a>
<b>Safe Connections</b>	<i>Safe Connections</i> are being provided by a range of partners working collaboratively across north east London, including: Mind, Res Consortium, North East London Training Hub, East London Foundation Trust, North East London Foundation Trust, and NEL CCG.	<ol style="list-style-type: none"> <li>1. <a href="#">Safe Connections App</a>: providing a safe, quick and efficient way for local residents to access vital support information.</li> <li>2. <a href="#">Community hub</a>: supporting local people who are experiencing suicidal thoughts to access the right service at the right time.</li> <li>3. <a href="#">Community protectors</a>: training local residents to support their communities and offer near-by support for people feeling suicidal.</li> </ol>

		<p>4. <b>Bereavement:</b> offering specialist support for those bereaved following a suicide. For more info, contact <a href="mailto:supportforsuicide@mindchwf.org.uk">supportforsuicide@mindchwf.org.uk</a> or 0208 525 2337. Make an online referral via the <a href="#">Grief in Pieces Referral Form</a></p> <p>5. <b>Training for professionals:</b> delivering a tailored programme for health and care professionals to help them provide timely suicide interventions</p> <p>6. Please visit <a href="https://nlsuicidepreventiontraining.co.uk/safeconnections/">https://nlsuicidepreventiontraining.co.uk/safeconnections/</a> for more information.</p>
<p><b>CALM Helpline</b></p>	<p><b>Confidential emotional support for men</b> Confidential, anonymous and free support, information and signposting to men anywhere in the UK through their helpline. <b>Monday-Friday from 1pm-11pm every day</b>, calls free from landlines and most mobiles.</p>	<p><b>Tel: 0800 58 58 58, Webchat (5pm - midnight), <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></b></p>
<p>Signhealth <b>THE DEAF HEALTH CHARITY SIGNHEALTH</b></p>	<p>SignHealth's Domestic Abuse Service is a specialist service for Deaf adults and children who have experienced or witnessed abuse. We are the only domestic abuse service in the UK that communicates with Deaf people directly, using a variety of communication methods, predominantly British Sign Language (BSL). We are a team of IDVAs, YPVAs and a children and family worker that work with professionals and the client to ensure the best support. Who the service is for? People who are Deaf or Hard of Hearing. We support people of all genders, sexuality, and religion.</p>	<p><a href="https://signhealth.org.uk/">https://signhealth.org.uk/</a></p> <p>Tel: 020 3947 2600</p> <p>SMS: 07800 003421</p> <p>Email: <a href="mailto:da@signhealth.org.uk">da@signhealth.org.uk</a></p>

Organisation Name	Support	Contact
<p>Depaul UK</p> 	<p>Focuses on young people in crisis and beyond. They support young people by:</p> <ul style="list-style-type: none"> <li>Offering a safe place to stay in a crisis,</li> <li>Helping them to take the step from homelessness into stable housing,</li> <li>Providing specialist long-term support to help get lives back on track.</li> </ul> <p>Projects include 'Nightstop' that provides a bed for the night for young people who need it, in a moment of crisis. Also 'Alone in London' delivers a range of services to young people who are homeless or at risk of homelessness, including developing young people's skills and providing the resources they need to secure sustainable and safe housing.</p>	<p><a href="https://uk.depaulcharity.org/">https://uk.depaulcharity.org/</a></p> <p>Tel: 020 7939 1220</p> <p>Email: <a href="mailto:depaul@depaulcharity.org.uk">depaul@depaulcharity.org.uk</a></p>
<p>Abianda</p> 	<p>1:1 support for young people exploited from London</p> <p>Specialist support for young women</p> <ul style="list-style-type: none"> <li>Help manage risk and safeguarding</li> <li>Support to move away from criminal exploitation</li> <li>Family support</li> <li>Help build network analysis through pan London intel gathering</li> <li>An out of hour's phone number for professionals operated by St Giles Trust</li> </ul>	<p><a href="https://www.abianda.com/">https://www.abianda.com/</a></p> <p>Monday to Friday 9am-5pm Tel: 020 7686 0520</p> <p>Email: <a href="mailto:Contacthello@abianda.com">Contacthello@abianda.com</a></p>
<p>Samaritans</p> 	<p>Samaritans is a registered charity aimed at providing emotional support to anyone in</p>	<p><a href="https://www.samaritans.org/branches/leyton/">https://www.samaritans.org/branches/leyton/</a></p> <p>Tel: 116 123</p>

	emotional distress, struggling to cope, or at risk of suicide.	Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<p>East London NHS Foundation Trust 24/7 Helpline</p> 	If you need urgent support for your mental health, please call our mental health helpline and our dedicated local staff will support you to access the help you need.	<p><a href="https://www.elft.nhs.uk/service/447/City--Hackney-Mental-Health-Crisis-Line">https://www.elft.nhs.uk/service/447/City--Hackney-Mental-Health-Crisis-Line</a></p> <p>Tel: 0800 073 0006</p>
<p>Mind in the City, Hackney and Waltham Forest</p> 	Mind in the City, Hackney and Waltham Forest (Mind CHWF) is driven by the needs of people experiencing mental distress and we won't give up until everyone gets both support and respect.	<p><a href="https://www.cityandhackneymind.org.uk/">https://www.cityandhackneymind.org.uk/</a></p> <p>Tel: 020 8985 4239</p>

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<p>North Central London - CAMHS 24/7 Crisis Helpline</p> 	If you need urgent support for your mental health, please call our mental health helpline and our dedicated local staff will support you to access the help you need.	<p><a href="https://northcentrallondonccg.nhs.uk/my-health/getting-help-in-mental-health-crisis/">https://northcentrallondonccg.nhs.uk/my-health/getting-help-in-mental-health-crisis/</a></p> <p>Tel: 0800 151 0023</p>
<p>Better Lives Family Service</p> 	<p>Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind.</p> <p>We offer a free and confidential support service for individuals and their families affected by drug and alcohol problems.</p>	<p><a href="https://www.candi.nhs.uk/our-services/better-lives-islington-drug-and-alcohol-service">https://www.candi.nhs.uk/our-services/better-lives-islington-drug-and-alcohol-service</a></p> <p>Tel: 020 3317 6099</p> <p>Email: <a href="mailto:cim-tr.betterlives@nhs.net">cim-tr.betterlives@nhs.net</a></p>
<p>Change Grow Live</p> 	<p>We believe everyone has the ability to change.</p> <p>There are a range of ways we can support you if you are having issues with drugs or alcohol. Our service is a safe and confidential space for you.</p>	<p><a href="https://www.changegrowlive.org/drug-alcohol-service-waltham-forest/info">https://www.changegrowlive.org/drug-alcohol-service-waltham-forest/info</a></p> <p>Tel: 0203 826 9600</p> <p>Email: <a href="mailto:cgl.walthamforest@cgl.org.uk">cgl.walthamforest@cgl.org.uk</a></p>
<p>Young Minds</p> 	<p>YoungMinds <b>provide a lifeline to thousands of families, advising and supporting them to understand their child's behaviour and secure the right help.</b> Children and young people with mental health problems are at the heart of everything we do.</p>	<p><a href="https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs?acceptcookies=">https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs?acceptcookies=</a></p>

<p>Kooth</p> 	<p>Kooth is your online mental wellbeing community. Access free, safe and anonymous support.</p>	<p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
<p>Student Space</p> 	<p>Student Space is here to make it easier for you to find the support that you need during the coronavirus pandemic.</p>	<p><a href="https://www.studentspace.org.uk/">https://www.studentspace.org.uk/</a></p>
<p>Shout</p> 	<p>Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 900,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.</p>	<p><a href="https://giveusashout.org/get-help/">https://giveusashout.org/get-help/</a></p> <p>Text: 85258</p>
<p><b>Organisation Name</b></p>	<p><b>Support</b></p>	<p><b>Contact</b></p>
<p>Relate</p> 	<p>Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school. Talking to a Relate Counsellor can help. Watch the video below, in which Relate Counsellor Graham explains what to expect in counselling.</p>	<p><a href="https://www.relate.org.uk/relationships-help/help-children-and-young-people/children-and-young-peoples-counselling">https://www.relate.org.uk/relationships-help/help-children-and-young-people/children-and-young-peoples-counselling</a></p>
<p>Papyrus</p> 	<p>We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.</p>	<p><a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a></p> <p>Tel: 0800 068 4141</p>
<p>Get Connected</p> 	<p>We love to help people Get Connected. We are one of the largest providers of private rehabilitation, we treat drug and alcohol addictions along with process addictions like gambling, sex &amp; love and eating disorders. We are constantly at the forefront of the latest addiction treatments and look</p>	<p><a href="https://www.getconnected.org.uk/">https://www.getconnected.org.uk/</a></p> <p>Tel: 0203 993 5571</p>

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<p data-bbox="204 264 387 293">Safer London</p> 	<p data-bbox="558 232 992 593">Journey of recovery that is safe for the young that everyone who is in prison has a right to access. Beyond providing advice and counselling, their families and partners, well as middle help to access the A&amp;E (and spend their time in a A&amp;E and offer counselling) just to be the part of local services for young people everywhere.</p>	<p data-bbox="1015 232 1468 331"><a href="https://saferlondon.org.uk/">https://saferlondon.org.uk/</a> <a href="https://www.youthaccess.org.uk/services/find-your-local-service">https://www.youthaccess.org.uk/services/find-your-local-service</a></p> <p data-bbox="1015 365 1273 394">Tel: 020 8772 9900</p>
	<p data-bbox="558 607 992 761">Support for the group of offenders and family who are in prison. with a health condition, by watching other people share their stories.</p>	<p data-bbox="1015 607 1468 667"><a href="https://healthtalk.org.uk/directory-of-resources">https://healthtalk.org.uk/directory-of-resources</a></p>
	<p data-bbox="558 775 992 887">The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.</p>	<p data-bbox="1015 775 1468 804"><a href="https://anti-bullyingalliance.org.uk/">https://anti-bullyingalliance.org.uk/</a></p>
<p data-bbox="204 893 531 922">Heathcote School Nurse</p>	<p data-bbox="558 893 992 922">Support and advice for medical.</p>	<p data-bbox="1015 893 1468 1021">Emily O'Neill through Debra Kaye <a href="mailto:dkaye@heathcote.waltham.sch.uk">dkaye@heathcote.waltham.sch.uk</a></p>
	<p data-bbox="558 1061 992 1122">Violence against women in the Asian community</p>	<p data-bbox="1015 1061 1468 1090"><a href="https://www.ashiana.org.uk/">https://www.ashiana.org.uk/</a></p>
<p data-bbox="204 1267 520 1328">Waltham Forest community safety team.</p>	<p data-bbox="558 1240 992 1328">Information and support from LBWF around your safety in the community.</p>	<p data-bbox="1015 1240 1468 1328"><a href="https://www.walthamforest.gov.uk/neighbourhoods/crime-and-community-safety">https://www.walthamforest.gov.uk/neighbourhoods/crime-and-community-safety</a></p>