

The City and Hackney Wellbeing Network

This service offers high-quality free support to help people prevent the onset of mental health problems and alleviate issues such as stress, anxiety and low mood. We also offer support to adults with severe and enduring mental health conditions.

A dynamic and diverse partnership of eleven specialist mental health providers, the Wellbeing Network empowers people towards better mental and physical wellbeing. We offer an exciting range of groups and courses to support people to improve their mental wellbeing, physical health, social networks and daily living skills.

One named 'network navigator' will be available to ensure that people receive the right kind of support at the right time and that support is well-coordinated

<https://chwellbeingnetwork.london/>

Telephone: 020 8525 2301

Freephone: 0800 612 6585

Email: SPOE@mindchwf.org.uk

Useful web resources: DBT peer connections website

<https://ilovedbt.wordpress.com/>

DBT Peer Connections (DBTPC) is a grassroots peer support community created by Rachel Gill for peers who are dedicated to improving their emotional health through daily dialectical behaviour therapy (DBT) skills practice

Please also be aware of the following services you can reach out to if you feel you are in a crisis.

24 Hour Helpline 020 8432 8020

This is for people of any age who may have long term psychological issues or who have had a sudden crisis such as a shock, bereavement, relationship issue, etc. They offer confidential expert advice and guidance support and referrals to local services if needed.

Walk-in Crisis Café

As well as offering a welcome cuppa, the Crisis Cafe is a safe, supportive and therapeutic place for anyone struggling and not coping with life. It means people do not have to be alone, struggling with upsetting thoughts anything that is worrying you.

The Café is at:

The Raybould Centre
City and Hackney Centre for Mental Health
Homerton Row
London E9 6SR

It is open from 6.00pm-9.00pm Monday to Thursday and from midday to 4.00pm on Saturdays.

Call 073937 62366 or email: crisiscafe@elft.nhs.uk

The Samaritans

Confidential emotional support 24 hours/ 7 days a week

116 123

You can also attend your nearest A &E 24 hours/ 7 days a week