

Race and Health: Mental Health Awareness

Residents session on 22 May at 6-7:30pm

Resources

No	Name	Learn more
1.	Referrals and self-referral to Talking Therapies via phone	Call: 0208 475 8080
2.	On-line self-referral or referral	https://www.elft.nhs.uk/newham-talking-therapies/referring-contact
3.	Adult ED service	https://www.elft.nhs.uk/services/east-london-eating-disorder-service-adults
4.	Bereavement	https://www.thedropinbereavementcentre.co.uk/
5.	Care Grow Live (Newham Rise)	https://www.changegrowlive.org/service/newham-rise/hubs
6.	Newham Adult LD service	https://www.elft.nhs.uk/services/newham-learning-disabilities-service
7.	Newham Autism assessment service	https://www.elft.nhs.uk/services/newham-adult-autism-diagnostic-service
8.	Newham ADHD assessment service	https://www.elft.nhs.uk/adult-adhd-services
9.	Newham Child and Adolescent Mental Health Service	https://www.elft.nhs.uk/camhs/newham-child-and-adolescent-mental-health-service-camhs
10.	Newham Together café	https://www.mindthnr.org.uk/our-services/mental-health-services/newham-together-cafe/
11.	Space to Grow Newham (8-13yrs)	Email: spacenewham@childrenssociety.org.uk Visit: Time Newham Hub in Plaistow: 517-519 Barking Road, Newham, E13 8PS
12.	Ashok's Vision	https://ashoksvisioninternational.org/
13.	Good Thinking (digital support)	https://www.good-thinking.uk/
14.	Newham Recovery College	https://newhamrecoverycollege.nhs.uk/
15.	Samaritans	Call: 116 123 Email jo@Samaritans.org
16.	Shout (online support for children)	https://giveusashout.org/
17.	The Mix (online support for children)	https://www.themix.org.uk/explore-our-topics/mental-health/

18.	Calm Harm (online support for children)	https://calmharm.stem4.org.uk/
19.	Tellmi (online support for children)	https://www.tellmi.help/
20.	Combined Minds (online support for children)	https://combinedminds.stem4.org.uk/
21.	Chat health (online support for children)	https://chathealth.nhs.uk/ Text: 07507 326645
22.	Crisis line	Call 111 , and press 2 to be directed to the All-Age Crisis Line. If at risk of injury, visit your nearest A&E or call 999.
23.	Childline	https://www.childline.org.uk/ Call: 0800 1111
24.	Well Newham	https://www.wellnewham.org.uk/
25.	Joy (residents can self-refer or you can refer someone else)	https://services.thejoyapp.com/