

Connect Newham – free chat service for residents in Newham

- Services available to anyone 18+ living in Newham who **feels isolated or lonely** for whatever reason it may be.
- Call: **020 3954 3224**
- Email: contact@connectnewham.org.uk
- Website: <https://www.ageuk.org.uk/eastlondon/our-services/connect-newham-telephone-befriending/>

Newham Talking Therapies

If you are feeling anxious, feeling low or stressed, Newham Talking Therapies are open and accepting referrals:

- Call 020 8475 8080
- Self-referral form: [online self-referral form](#).
- Website: <https://newhamtalkingtherapies.nhs.uk/>

Mental Health Support Directory

Find information and support for a range of mental health services, including NHS, voluntary and charity services, talking therapies, medicine and psychiatry.

- <https://www.nhs.uk/mental-health/>

Urgent help in a crisis

- **24hr Helpline - 0207 771 5888**
- Help during a mental health crisis or in an emergency
- 24-hour advice and support for you, your child, your parent or someone you care for
- Help to speak to a mental health professional available

Help from a Social Prescriber

Do you have social, emotional or practical concerns and need support? You can ask for an appointment with the Practice Social Prescriber, just fill in an online form or call us.

Range of services offered including:

- Obesity and referrals to exercise groups, weight management plans
- Benefits, debt, financial difficulties signposting
- Housing, council related problems
- Drug, alcohol, misuse of substances
- Bereavement
- Stress, depression, anxiety matters and signposting
- Covid related support
- Support to elderly patients and their carers', referrals to volunteer groups