Mental Health related Support

Shout

A 24/7 text service, free on all major mobile networks, for support in a crisis. Text 85258, www.giveusashout.org/.

Samaritans

Including helpline: 116 123 (24/7) www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/.

Sane UK

Including helpline: 0300 304 7000 (4:30-10:30pm every day) www.sane.org.uk.

Silverline

Telephone befriending service for the elderly www.thesilverline.org.uk/telephone-friendship/.

Rethink

Includes COVID-19 Mental Health Support Advice and a great list of helplines/online chats www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/.

Mind

Lots of great information on looking after your mental wellbeing during the COVID-19 outbreak www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/.

Young Minds

Information, advice and helplines for young people and children youngminds.org.uk/find-help/get-urgent-help/.

Hackney Council's Mental Health Crisis Line

Emergency only: 020 8432 8020

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters/
NHS Anxiety Tips

Talk Changes

NHS service providing talking therapy for adults experiencing common MH problems (such as anxiety, low mood and depression) who are registered at a City & Hackney GP. Individuals can refer via their GP or self-refer through the website. Call 020 7683 4278 talkchanges.org.uk.

Talk for Health

Call 07826 148 461;
email info@talkforhealth.co.uk; www.talkforhealth.co.uk/.

Teen Mental Health – A Guide for Parents
https://www.mytutor.co.uk/blog/teen-mental-health-a-guide-for-parents/