



## **MENTAL HEALTH RELATED SUPPORT**

*(information up to date as of 22<sup>nd</sup> July 2020)*

### **Shout**

A 24/7 text service, free on all major mobile networks, for support in a crisis.

Text 85258. <https://www.giveusashout.org/>

### **Samaritans**

Including helpline: 116 123 (24/7)

<https://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)

<http://www.sane.org.uk>

### **Silverline**

Telephone befriending service for the elderly

<https://www.thesilverline.org.uk/telephone-friendship/>

### **Rethink**

Includes COVID-19 Mental Health Support Advice and a great list of helplines/online chats

<https://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

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

### **Young Minds**

Information, advice and helplines for young people and children

<https://youngminds.org.uk/find-help/get-urgent-help/>

**Hackney Council's Mental Health Crisis Line**

Emergency only: 020 8432 8020

**NHS Every Mind Matters**

<https://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 website.

Call 020 7683 4278. <https://talkchanges.org.uk>

**Talk for Health**

Call 07826 148 461; Email [info@talkforhealth.co.uk](mailto:info@talkforhealth.co.uk)

<https://www.talkforhealth.co.uk/>