Get help in a crisis

City and Hackney's crisis services offer immediate help if you are in distress or crisis. They will also follow up with a range of support to help you find new ways to cope with difficulties and avoid future crisis.

Walk-in Crisis Café

As well as offering a welcome cuppa, the Crisis Café is a safe, supportive place for anyone who feels they are struggling or not coping.

Crisis Cafe, The Raybould Centre, City and Hackney Centre for Mental Health, Homerton Row, E9 6SR

Open 6pm - 9pm weekdays and 12pm - 4pm at weekends

Freephone **07393 762 366**, email elft.crisiscafe2@nhs.net

24 hour Crisis Helpline

Free, confidential, expert advice for anyone experiencing a crisis, including support and referrals to local services.

Call **111 press 2**
– lines open all day, every day

Service User Network

Not just for mental health service users, the Service User Network (SUN) is for people who experience emotional and psychological distress, their families and carers. It helps to develop coping strategies to prevent future crises. Once registered, members can drop in to welcoming and supportive group meetings held three times each week.

To find out more, call **07508 842 688**

Emotional wellbeing in City and Hackney

- Easy steps to improve your emotional wellbeing
- Tried and tested, NHS-approved services if you're feeling worried or down
- Learn new ways to manage your thoughts and feelings and boost mood and motivation
- Get help in a crisis

Five ways to better wellbeing

Five small changes can make a big difference. These simple things have been shown to improve mental health and wellbeing.

1 Connect With people at home, at work, school or in your local community. Building connections with others can ease your troubles and help you see things in a different way.

2 Be active Walking, cycling, gardening – find an activity that suits you. Exercise can improve sleep, relieve tension, improve energy levels and help you think clearly.

Walking together programmes for free https://hackney.gov.uk/walking
Free activities and classes in local parks www.ourparks.org.uk

3 Keep learning Try new things, like a cookery course or learning an instrument. Developing new skills keeps your mind active, is fun and can increase confidence.

Wide range of free or low-cost adult education classes www.learningtrust.co.uk/section/adult-learning

4 Give Volunteer, join a community group. We all have something to offer. Giving your time can be very rewarding, boosting mood and connecting with new people.

Local volunteering opportunities www.vchackney.org

5 Take notice Be curious. Savour the moment. Take time to remember the little things that make you happy.

Mindfulness groups and online support www.chwellbeingnetwork.london

Find out more about Five to Thrive, City and Hackney's steps for wellbeing and mental health:

www.fivetothrive.net

Confidential talking therapies

Talking therapies involve talking with a trained professional to help you work out how to deal with negative thoughts and feelings. They can also boost your mood and motivation.

Talking therapies are as effective as medicines for many common mental health problems, such as low mood and worry. What's more, they create long-lasting positive changes so you not only feel better but stay better, putting you in control to get the most from life.

City and Hackney Talking Therapies

A free NHS service for adults registered with a GP in City and Hackney. As well as regular face-to-face sessions, support is also available over the phone, online or in groups. The team includes specialist employment advisers if your wellbeing is affected by your job or unemployment.

Visit www.cityandhackneytalkingtherapies.homerton.nhs.uk/

Call **020 7683 4278**

Derman

Provide talking therapies for the Turkish-speaking community.

Email services@derman.org.uk

Call **020 7613 5944**
(Mon, Tue, and Wed only, 9am - 1pm)

Bikur Cholim

Provide talking therapies for the Charedi community.

Call Mrs Leah Chontow on **020 8800 7575**

Email ehreferrals@bikurcholim.co.uk

Mind

Provide a range of therapies and support, including alternatives for people who have previously tried cognitive behavioural therapy (CBT) without success.

Call **020 8525 2301**

Email psychologicaltherapies@mindchwf.org.uk