

Suffering a mental illness or impairment and homelessness

Housing Needs

Newham Council's Homelessness Prevention and Advice Service will ensure early identification of housing problems takes place to hopefully prevent you from becoming homeless.

This will be achieved through partnership work and multi-agency working to prevent you from becoming homeless, through the necessary support intervention you may require.

On the basis that you are suffering from a mental illness or impairment this Council could well accept that you are vulnerable and therefore in "priority need" for accommodation. This will be determined by your personal circumstances.

Newham Council will continuously review the advice and advocacy services available to you, and develop outreach support services according to your needs through the Personal Housing Plan that will be completed in partnership with you and potentially your advocate.

Newham Council's Homelessness Prevention and Advice Service will attempt to provide you with access to main stream healthcare services.

Front-line workers within the Homelessness Prevention and Advice Service with structured mental health training, support and supervision, with access to advice and guidance from specialist services, will provide a more in-depth support to you.

Newham Council's housing allocation scheme works effectively for homeless people with mental health problems and complex needs to ensure appropriate accommodation is provided to applicants. If you need housing advice assistance and support with your housing needs, please contact Homelessness Prevention and Advice Service.

Social care and support services

If you have a mental health condition/impairment and need support to manage day to day personal activities you may be able to get support. A social care professional will assess your situation and tell you what support you will get depending on your circumstances.

For Newham Adults social work assessments or Mental Health Enablement contact:

AdultMentalHealthAccess@newham.gov.uk or call 020 3373 0733

For details of local activities to boost health and well being visit:

<https://adultsocialcare.newham.gov.uk/Pages/health-and-wellbeing.aspx>

For support and advice contact MIND a community mental health charity on 020 7510 1081 or visit their website at <http://www.mithn.org.uk/>

For support from SAMARITANS call free on 116 123 or visit <https://www.samaritans.org/>

If you need independent housing advice contact SHELTER on 0800 800 4444 and visit : https://england.shelter.org.uk/get_help/helpline

For more information on homelessness & other Council services please visit Newham Council web site at www.newham.gov.uk

Managing your money

Sit down and make a list of all your income and all your outgoings and any debts you may have. Complete a budgeting form to see how and where you can make savings so that you can pay all of your rent and council tax. If you do not pay your rent, your landlord may seek repossession of your home.

If you have money problems and cannot afford to pay the rent you can do the following:

- maximise your income through claiming all the welfare benefits you are entitled to
- change your spending /budget to allow you to pay your rent and bills
- manage your debts so that you can pay your rent first
- get an affordable loan to consolidate your debts leaving you money for rent
- seek extra help from the Council to help with any rent arrears you already have

Money Advice

You can contact local organisations for welfare benefits and debt advice. They will assist you to sort out any money issues and help you manage your money better.

For affordable loans, debt and benefits advice call **Moneyworks** on 0208 430 2041 or visit webpage at:
<https://www.newhammoneyworks.co.uk/>

To get a job or increase your work hours contact **Workplace** on 020 3373 1101 or register at:
<https://www.newham.gov.uk/Pages/Services/About-Newham-Workplace.aspx>

For free debt advice **StepChange** call free on 0800 138 1111 or visit :
<https://www.stepchange.org/>

For independent advice and services contact **Community Links** on 020 7473 2270 or visit
<http://www.community-links.org/>

For generalist advice and information contact **Citizens Advice Bureau** on 0208 252 6377 or visit:
<http://www.eastendcab.org.uk/>

For advice and information contact **Age Concern** on 020 8503 4800 at
<https://www.ageuk.org.uk/eastlondon/get-involved/contact-us/>

For support and counselling contact **Newham Talking Therapies** at :
www.newhamtalkingtherapies.nhs.uk