

# WE ARE WELCOMING.

# WE ARE NEWHAM.



## HELP WITH EMOTIONAL HEALTH – FOR PEOPLE 18 YEARS AND OLDER

[welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk)  
Free phone **0800 916 8757** Mon-Fri 10am-5.30pm



# HELP WITH EMOTIONAL HEALTH

## Support for people 18 years and older

### Who can get help

Anyone in Newham can get help.



### What is available and how can you get it

- Newham Talking Therapies:**  
 free and confidential psychological support to help you manage your emotional difficulties and feel better [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)  
 A translator can be arranged for any communication needs. Speak to your doctor or refer yourself by filling in a short form [www.newham.gov.uk/talkingtherapyselfreferral](http://www.newham.gov.uk/talkingtherapyselfreferral) or call **020 8475 8080** Mon-Fri 9am-5pm
- Newham Together Café:** A safe community space for people over 18 struggling to cope with any changes in their life. Open evenings and weekends, the Together Café is free with no appointment needed (just turn up). Interpreters can be provided if needed. Rokeby Centre, Rokeby Community Hub, 63 Rokeby Street, London E15 3LS **08081 968 710**  
[Nh.togethercafe@nhs.net](mailto:Nh.togethercafe@nhs.net)



- Newham Bereavement Service**  
[mithn.org.uk](http://mithn.org.uk)  
 For adults living in Newham who have experienced grief, loss and bereavement at anytime, either recently or years ago. Refer yourself by completing the online referral form, **020 7510 1081/020 7510 4268** or [nbs@mithn.org.uk](mailto:nbs@mithn.org.uk)
- Newham 24 Hour Mental Health Crisis Helpline**  
 Free support is available if your mental health is getting worse or you are in distress and need support from a qualified mental health professional  
**0800 073 0066**
- East London Asylum Seekers & Refugee Support Service**  
 A free support to refugees, asylum seekers, and undocumented immigrants for emotional health, jobs and training. [admin@ucts.org.uk](mailto:admin@ucts.org.uk)  
**020 8594 1514**



### Questions? Welcome Newham Helpline

[welcomenewham@newham.gov.uk](mailto:welcomenewham@newham.gov.uk)

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No specific immigration status advice or case work

### Regular updates and information?

Welcome Newham Champions

[welcomenewhamchampions@newham.gov.uk](mailto:welcomenewhamchampions@newham.gov.uk)

Whatsapp **07977 156899**