



Tower Hamlets Crisis Line

24 Hour Mental Health Crisis Helpline

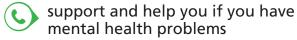
0800 073 0003

Call this number if you feel your mental health is deteriorating or if you are in distress and you need to contact a qualified mental health professional.



Available 24 hours a day including weekends and **Bank Holidays**

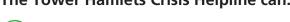




provide accurate information and advice about local mental health services

communicate with other services or teams on your behalf if you wish

support you in a non-directive way, to empower and encourage you to take control of your own life and come to your own decisions.



Other useful numbers and websites

- NHS111: Call 111, available 24 hours every day
- Sane Line: 0300 304 7000 (6pm 11pm every day) www.sane.org.uk
- Samaritans: 08457 90 90 90 (24 hours every day) www.samaritans.org