

1. I AM FEELING ANXIOUS OR LONELY AND NEED SOME SUPPORT

Online resources

[City and Hackney 5 to Thrive](#)

[Every Mind Matters](#)

[Good Thinking](#)

Other useful websites:

[Anxiety UK](#)

[CALM](#)

[Mental Health Foundation](#)

[MIND](#)

[NHS 111](#)

[No Panic](#)

[OCD UK](#)

[Public Health England](#)

[Samaritans](#)

[The Silver Line](#)

Consider befriending referral (may be 1-2 week wait), using volunteers to phone regularly

2. I AM FEELING VERY ANXIOUS OR DEPRESSED AND NOT COPING. I NEED SOME ADVICE, TREATMENT AND SUPPORT FOR ANXIETY

Talk Change* (Homerton Hospital)

www.talkchanges.org.uk

020 7683 4278

**PLEASE NOTE THE SERVICE ARE CURRENTLY TAKING NEW REFERRALS*

Derman

Provides talking therapies for the Turkish-speaking community.

services@derman.org.uk

020 7613 5944

Bikur Cholim

Provides talking therapies for the Charedi community.

ehreferrals@bikurcholim.co.uk

020 8800 7575

Mind

psychologicaltherapies@mindchwf.org.uk

020 8525 2301

City & Hackney Wellbeing Network

<https://chwellbeingnetwork.london/>

Consider referral to Family Action/Social Prescribing.

3. I HAVE BEEN UNDER PSYCHIATRIC CARE IN THE PAST, OR HAVE SEVERE MENTAL HEALTH PROBLEMS NOW

City & Hackney Primary Care Mental Health Liaison Service (PCL)

The City & Hackney Primary Care Mental Health Liaison Service (formerly CHAMHRAS and Primary Care Liaison) offer a single point of access to secondary care mental health services, for adults aged 18-65

Referrals duty line from 9:00am - 5:00pm weekdays on 07391 861 897.

4. I AM IN CRISIS OR FEEL SUICIDAL

24 hour Crisis Helpline

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

020 8432 8020

Lines open all day, every day