



HEALTHY YOUNG MINDS

SUPPORT SERVICES FOR FAMILIES AND YOUNG PEOPLE

National contact numbers and Tower
Hamlets specific support services

Tower Hamlets Services

Childline (24/7) support line – 0800 1111

Step Forward – 020 7739 3082 – Confidential services that include counselling, personal development and sexual health.

CAHMS – 0207 515 6633 – NHS foundations trust. Help young people who are experiencing mental health difficulties.

Mind – www.mind.org.uk – Helplines as well as online resources surrounding mental health.

FoodBanks

Bow Foodbank Location- Mondays 8:30am- 12:30pm Bromley by bow Community Centre St Leonard's Road, E3 3BT

Bethnal Green Foodbank Location – Wednesday 2:00pm- 7:00pm St Matthews Church, St Mathews Row, E2 6DT

Housing And Benefits

Tower Hamlets Housing Options Team – Tel: **020 7343 7474** Out of Hours Tel: **020 7364 4079** – Housing support Service for those at risk of being made homeless.

For information on benefits please visit tower hamlets website:
www.towerhamlets.gov.uk/lgnl/adviceandbenefits

To claim free school meals – Benefits Service – **020 7364 5000**

Other Useful Contacts

www.kooth.com - This is an online service to support wellbeing and resilience for young people. It is a confidential text -based conversation with a qualified counsellor.

Bereavement support: **www.winstonswish.org** Freephone National Helpline is free to call on 08088 020 021 and offers advice, guidance and support following a bereavement.