**Crisis support available**

**Tower Hamlet Mental Health Crisis line**

The Tower Hamlets mental health crisis line is available 24 hours a day and callers will be given support and advice from mental health professionals. It has been designed as a ‘first port of call’ for anyone experiencing a mental health crisis and to remove the need for those people to seek help via hospital A&E services.

The Tower Hamlets mental health crisis line is catered for people who feel their mental health and/or emotional wellbeing is deteriorating or if you are in distress and you need to contact a health professional out of office hours.

For people living in the London Borough of Tower Hamlets, the 24 hour Mental Health Crisis Line is:

020 7771 5807(This is a telephone line only – calls charged at local rates)

**Who can call?**

People experiencing a mental health related crisis including those known and those unknown to mental health services

Carers or friends and relatives of people experiencing the crisis

**Samaritans**

* Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Telephone**: 08457 90 90 90 (24 hours a day)  
**Email**: [jo@samaritans.org](mailto:jo@samaritans.org)  
**Website**: [www.samaritans.org](http://www.samaritans.org/)

**Saneline**

* Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

**Telephone**: 0845 767 8000 (6pm-11pm)  
**Website**: [www.sane.org.uk](http://www.sane.org.uk)