



# 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



## The Tower Hamlets Crisis Helpline can:

-  support and help you if you have mental health problems
-  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](http://www.sane.org.uk)
- Samaritans: 08457 90 90 90 (24 hours every day) [www.samaritans.org](http://www.samaritans.org)