



Tower Hamlets Suicide Prevention Support and Resources:

For immediate support:

Mental Health Crisis Lines – 24/7 telephone number that someone can call if they are in mental distress for both children and adults in Tower Hamlets. Call 0800 073 0003. [Find an urgent mental health helpline](#) for your local area.

Together Café – Adults in Tower Hamlets who are at risk of developing a mental health crisis can drop into this service out of hours for professional support and group activities. Located at Osmani Trust, Osmani Centre 58 Underwood Road E1 5AW. Open Monday to Friday 5pm-9pm and Saturday to Sunday 12pm-9pm.

Safe Connections – Telephone-based support offering a safe space for adults (age 18+) who are thinking about suicide/self-harm to talk about their feelings and get offered tailored help over a series of conversation sessions. Self-refer by calling **0300 561 0115** or emailing safeconnections@mindthnr.org.uk. Open Monday to Friday 930am-430pm.

Support if bereaved by suicide:

Faith based support: Places of worship in Tower Hamlets

Grief in Pieces – support for suicide loss for anyone living in North East London, delivered by Mind in City, Hackney and Waltham Forest. Self-refer by emailing supportforsuicideloss@mindchwf.org.uk or calling 0208 525 2337.

City and East London Bereavement Support – offers counselling and support (face-to-face, telephone or Zoom). Access by telephone 020 3022 5177 or by emailing admin@celbs.org.uk.

Cruse Bereavement support - Cruse is a national bereavement support service that is accessible via a Helpline and online chat.

Starting a conversation

Use the SIGNSS framework to help start a conversation with a friend or loved one when you're worried about their mental health. [Thrive LDN mental health conversation starter](#)

Additional support

Good Thinking has lots of free mental health resources including [faith-based resources](#)

Cost of living support - [Help with money and debt](#) and [Help with the cost of living | London City Hall](#)

Register with a GP – speaking to a GP about mental health can help you access the right support: How to register with a GP surgery - NHS (www.nhs.uk)