

We are here to help you make positive changes to your life. However, if you need to reach out to someone in an emergency, the following organisations may be able to help you:

Emergency	<p>If you feel you or others are in immediate danger, call the police or ambulance. Telephone: 999</p> <p>In a non-emergency, the police can be contacted on 101</p>
NHS	<p>For confidential emotional or physical support Telephone: 116 123</p>
Out of Hours GP	<p>Havering: 0203 770 1888 Waltham Forest: 0208 519 3999 Redbridge: 0203 770 1888</p>
Mental Health Crisis Support	<p>Havering, Waltham Forest and Barking and Dagenham: 0300 555 1000 Redbridge: 0300 555 1249</p>
Out of Hours Social Care	<p>Havering: 01708 433999 Waltham Forest: 0300 555 1000 Redbridge: 0300 555 1249 Barking and Dagenham: 0300 555 1201</p>
SANE Mental Health Helpline	<p>Open 6-11pm for anyone struggling with mental health, or their friends/families Telephone: 0845 767 8000 Website: www.sane.org.uk</p>
Childline	<p>Free and confidential support for under 19s Telephone: 0800 1111 Website: www.childline.org.uk</p>
Pete's Dragon	<p>Bereavement support for after a suicide Telephone: 01395 277 780</p>
Nightline	<p>Support for university students, open from 6pm-8am every night of term Telephone: 0207 631 0101</p>
Rape Crisis	<p>East London Rape Crisis Service: 020 7683 1210 Waltham Forest: 0808 802 9999</p>
SHOUT	<p>Confidential text messaging support 24/7 Text SHOUT to 85258</p>

Samaritans	Open 24/7 Telephone: 116 123
BEAT	Support with eating disorders, they are open 3pm-8pm every day Telephone: 0808 801 0677
CALM	Support for those having suicidal thoughts, they are open 5pm-12am every day Telephone: 0800 58 58 58 Online Chat: https://www.thecalmzone.net/
StayAlive App	Useful information and resources for suicide prevention, it is available for both Apple and Android phones https://www.stayalive.app/