



## Newham Talking Therapies

Offer a variety of free and confidential talking therapies run by specialists to help you feel better<sup>1</sup>

To find out more information or **self-refer for talking therapies** such as **CBT** (cognitive behavioral therapy) contact NTT on:

Phone: **020 8475 8080**

Monday to Thursday: 9am - 8pm

Friday: 9am - 5pm

Website: [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)



## Self-Help Resources + Help lines

**NHS Moodzone:** Contains a list of recommended self-help resources including self-help books, phone apps, blogs and lifestyle changes which you can use to help improve your mental health and how to find local support groups.

**Visit:** <https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

### Online support forums and services:

- **Sane:** <http://www.sane.org.uk/>
- **Big white wall:** <https://www.bigwhitewall.com>

### Helplines: If you find it hard to talk to someone you know you can contact:

- **CALM** (Campaign Against Living Miserably) for men aged 15-35yrs  
0800 585858 (5pm-Midnight everyday)
- **SANeline:** For anyone affected, their relatives and carers.  
0300 304 7000 (16:30-22:30 everyday)
- **Payprus:** For people under 35yrs - 0800 068 41 41
- **The Silverline:** For older people - 0800 470 80 90

Please make a **follow up appointment** to see your GP at the practice in **2 to 4 weeks** time by calling the practice on: **02075114466**

## Opening hours:

Monday	08:30 - 18:30
Tuesday	08:30 - 18:30
Wednesday	08:30 - 18:30
Thursday	08:30 - 20:30
Friday	08:30 - 18:30
Saturday	09:00- 12:00
Sunday	Closed



## More information on low mood, depression and treatment options

### NHS Choices:

- [www.nhs.uk/conditions/clinical-depression/](http://www.nhs.uk/conditions/clinical-depression/)
- [www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/)

### Rethink Mental Illness

- [www.rethink.org](http://www.rethink.org)
- Search "depression" on the homepage.

### Mind:

- [www.mind.org.uk](http://www.mind.org.uk)
- Search "depression" on the homepage.



## Emergency Help

**Call your GP and ask for an emergency appointment**

Outside of GP hours or in an emergency, if you have harmed yourself or concerned you might, contact<sup>2</sup>:

**If there is an immediate risk: Call emergency services on 999**

### Samaritans:

(Free 24 hr support for anyone experiencing feelings of distress or contemplating harming themselves<sup>2</sup>)

Phone: **116 123** Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### NHS Direct

Available 24/7. Provide advice and help you find the help you need.

Phone: **111** or online: [111.nhs.uk](http://111.nhs.uk) to

### Newham General Hospital A+E

Glen Road, Plaistow E13 8SL

Out of hours service - Phone: 020 7540 6782

1. Newham Talking Therapies. How we help. 2019; Available at: <https://www.newhamtalkingtherapies.nhs.uk/how-we-help/>. Accessed April 17, 2019.

2. NHS. Clinical Depression. 2016; Available at: <https://www.nhs.uk/conditions/clinical-depression/>. Accessed April 17, 2019.