

Service Name & opening times	Service Information	Contact details
The Silver Line – helpline for older people (55 years+)	The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.	https://www.thesilverline.org.uk/what-we-do/ 0800 470 8090
Samaritans - We're here 24 hours a day, 365 days a year.	Whatever you're going through, a Samaritan will face it with you.	115 123
Campaign Against Living Miserably (CALM) - 5pm to midnight, every day of the year	A helpline for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.	www.thecalmzone.net Helpline for men: 0800 58 58 58 Webchat: www.thecalmzone.net/help/webchat/
Tower Hamlets Covid-19 Helpline - Monday – Friday (8am - 8pm), Saturday (10am	People at the highest risk of severe illness from coronavirus and extremely vulnerable residents can call the council. For Tower Hamlets residents, their families or their carers to let the council know if they have any urgent requirements. Can also be used to discuss any concerns around social	020 7354 3030

<p>- 5pm) and Sunday (10am - 4pm).</p>	<p>isolation and help people may need with food supplies, access to medication or worries about debt, for example. The phonenumber should also be used by other vulnerable residents that need help during this difficult time, including the very elderly, people with disabilities or those self-isolating with underlying health conditions.</p>	
<p>Shout – textline for support in a crisis</p>	<p>Shout is a service partnership between Mental Health Innovations and Crisis Text Line, providing people in the UK with the first ever, 24/7, free nationwide texting service.</p> <ol style="list-style-type: none"> 1. Text from anywhere in the UK, anytime, about any type of crisis 2. A live, trained Crisis Volunteer receives the text and responds, all from our secure online platform. 3. The Crisis Volunteer will help you move from a hot moment to a cool calm 	<p>Text SHOUT to 85258</p>
<p>Tower Hamlets Mental Health CRISIS line – 24 hour</p>	<p>The 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.</p> <p>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.</p>	<p>020 7771 5807</p>

<p>Newham Mental health crisis line – 24 hours</p>	<p>The Enhanced Newham Mental Health Crisis Line is open 24 hours a day to support people living in Newham who experience a mental health crisis. Callers will be given support and advice from mental health professionals.</p>	<p>020 771 5888</p>
<p>LGBT Foundation - Friday 9am – 9pm Saturday 10am – 6pm Sunday 10am – 6pm Monday 9am – 9pm</p>	<p>LGBT Foundation provide a wide range of support services to lesbian, gay, bi and trans people. We also work with healthcare and other professionals to help make public services more accessible and inclusive for LGBT communities.</p>	<p>0345 3 30 30 30 helpline@lgbt.foundation</p>
<p>Community Viral Kindness Support – 7 days a week</p>	<p>A community of friendly locals that can help to do a shop, Help get prescription. They leave items at doorsteps.</p>	<p>03330509671</p>