

The More than Mentors team would like to ensure young people and their families can access support when needed.

## ORGANISATIONS OFFERING FREE SUPPORT

COMMUNITY  
LINKS

**shout** here for  
you 24/7  
**85258**

Free crisis messenger, 24/7 support for all ages  
[www.giveusashout.org](http://www.giveusashout.org) | Text SHOUT to 85258

**kooth**

Online counselling support for ages 11-25  
[www.kooth.com](http://www.kooth.com)

**stem4**  
supporting teenage mental health

Free service & apps supporting mental health  
for ages 11-19  
[www.stem4.org.uk](http://www.stem4.org.uk)

**NHS**

NHS talking therapies supports with common mental health problems like stress, anxiety and depression  
[www.nhs.uk](http://www.nhs.uk)

**ChildLine**  
0800 1111

Free and confidential helpline for young people under the age of 19  
[www.childline.org.uk](http://www.childline.org.uk) | 0800 1111  
Everyday, 9am-3pm

Whatever you're facing  
We're here to listen  
Call free day or night on **116 123**  
Email [jo@samaritans.org](mailto:jo@samaritans.org)  
SAMARITANS

Free 24/7 call service for all ages to talk about your issues  
[www.samaritans.org](http://www.samaritans.org) | 116 123

**mind**  
for better mental health

Free advice and support to anyone experiencing a mental health problem  
[www.mind.org.uk](http://www.mind.org.uk) | 0300 123 3393

Believe in children  
**Barnardo's**

Provides support for vulnerable young people and their families  
[www.barnardos.org.uk](http://www.barnardos.org.uk) | 0208 550 8822

**Anna Freud National Centre for Children and Families**

Provide support for infants, children, young people and their families from conception to 25  
[www.annafreud.org](http://www.annafreud.org) | 0207 794 2313

**THE MIX**

Provides support for anyone under the age of 25  
[www.themix.org.uk](http://www.themix.org.uk) | 0808 808 4994

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Provide confidential support and advice to young people under the age of 35 struggling with thoughts of suicide  
[www.papyrus-uk.org](http://www.papyrus-uk.org) | 0800 068 4141  
Everyday, 9am-midnight

**citizens advice**

Online free advice from Citizens Advice to help you find a way forward  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) | 0800 144 8848  
Mon-Fri, 10am-4pm

**myh muslim YOUTH helpline**

Free and confidential counselling service for young Muslims, available nationally via the telephone, email, live chat  
[www.myh.org.uk](http://www.myh.org.uk) | 0808 808 2008

**YOUNGMINDS**

Provides advice & support to young people affected by mental health  
[www.youngminds.org.uk](http://www.youngminds.org.uk) | 0808 802 5544  
Mon-Fri, 9:30am-4pm

**Beat**  
Eating disorders

Provides support 365 days a year to people who have or are worried they have an eating disorder  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) | 0808 801 0677

**CAMPAIGN AGAINST LIVING MISERABLY CALM**

Confidential support to people experiencing difficulties  
[www.thecalzone.net](http://www.thecalzone.net)  
0800 58 58 58  
Everyday, 5pm-midnight

COMMUNITY  
LINKS

MORE THAN MENTORS

Barking & Dagenham

YOUTH ENDOWMENT FUND

Children's Young People Now Awards 2020  
Finalist

FRANZISBERRY

# Community Links

For advice, enquiries or support  
call us: 07593 266 043  
email us: [advice@community-links.org](mailto:advice@community-links.org)

**Mon to Fri 9.00am to 5.00pm**

## We can help with any of the following:

- Consumer and Employment Legal Advice for anyone, given by lawyers
- Welfare Benefits Casework, Challenging Decisions, Appeals Representation and Help Completing Benefit and Housing Registration Forms, be they online or paper, for Newham residents
- Accredited Debt Advice for Newham residents, provided by qualified experts
- Support if you are a Newham resident in Crisis or Experiencing financial Hardship from our Social Worker led program
- Peer support groups, positive wellbeing activities and information and signposting for people experiencing mental health difficulties, by contacting Rosalind on 075406 68943

**For non-advice related queries, contact our switchboard on 0207 473 2270 or email [info@community-links.org](mailto:info@community-links.org)**

## COVID-19 SUPPORT

**LIVE IN NEWHAM, HAVE QUESTIONS  
OR NEED SUPPORT TO ISOLATE?**

Contact the **COVID-19 helpline.**

**020 7473 9711** (1-7pm, 7 days a week)  
or [covidhelp@community-links.org](mailto:covidhelp@community-links.org)

16yrs + and would like  
to talk contact



### NEWHAM

[www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)  
020 8475 8080 - 9am-5pm, Mon-Fri

### HARINGEY

[www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)  
020 3074 2280

### BARKING & DAGENHAM, HAVERING, REDBRIDGE

[www.talkingtherapies.nelft.nhs.uk](http://www.talkingtherapies.nelft.nhs.uk)  
0300 300 1554 - 9am-5pm, Mon-Fri

### [www.haringeycabx.org.uk](http://www.haringeycabx.org.uk)

0300 330 1187, 9am-4pm, Mon-Fri

### [www.bdcab.org.uk](http://www.bdcab.org.uk)

0300 330 9038

### [www.eastendcab.org.uk](http://www.eastendcab.org.uk)

0203 855 4472, 10am-4pm, Mon-Fri

### [www.haveringcab.org](http://www.haveringcab.org)

0300 330 1187, 9am-4pm, Mon-Fri



### DEBT ADVICE

[www.moneyadvicetrust.org](http://www.moneyadvicetrust.org)  
National Debtline free on 0808 808 4000

[www.community-links.org](http://www.community-links.org)

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