

# Emergency contacts

## For Clients residing in Redbridge

If you need urgent support please contact your GP, NELFT Mental Health Direct on 0800 995 1000 (open 24 hours) or speak to Samaritans on 116 123 (open 24 hours). Attend your local A&E for immediate crisis support.

## For Clients residing in Newham

Newham General Hospital - Accident and Emergency Unit, Glen Road, Plaistow E13 8SL

Mental health crisis line - 0800 073 0066

Samaritans – Free phone: 116 123

(24-hour crisis line for people contemplating harming themselves)

MIND Safe Connections Community Hub – 0300 561 0115 or if you don't feel like speaking, you can email [safeconnections@mithn.org.uk](mailto:safeconnections@mithn.org.uk)

9.30am – 4.30pm, Monday – Friday, (Supporting people experiencing suicidal thoughts to access the right service at the right time)

Saneline – 0300 304 7000

6pm – 11pm every day, (Practical information, crisis care, and emotional support)

No Panic – 0844 967 4848

10am – 10pm every day, (For people experiencing panic or anxiety problems)

Hestia– 0808 196 1482

The line is available 24 hours a day, seven days a week

(If you are experiencing domestic or sexual violence, call for free and confidential support)

Aanchal – 0845 451 2547

(24-hour crisis line for Asian women experiencing domestic abuse; able to support in languages including English, Bengali, Hindi, Punjabi, Urdu, Gujarati, Tamil, and Eastern European languages)

