



EMERGENCY & CRISIS SERVICES

HACKNEY

24 HOUR HELPLINE 020 8432 8020

This is for people of any age who may have long term psychological issues or who have had a sudden crisis such as a shock, bereavement, relationship issue, etc. They offer confidential expert advice and guidance support and referrals to local services if needed.

SERVICE USER NETWORK (SUN)

The Service User Network is for people who experience emotional and psychological distress, frequent mood changes, emotional instability, self-harm and/ or have thoughts of suicide. It is a supportive and therapeutic group for individuals to develop self-help management strategies to prevent future crisis. The Network can also support family, friends and people who support someone with mental health issues. To find out more, contact the SUN on 07508 842 688.

WALK-IN CRISIS CAFÉ

As well as offering a welcome cuppa, the Crisis Cafe is a safe, supportive and therapeutic place for anyone struggling and not coping with life. It means people do not have to be alone, struggling with upsetting thoughts or worry. The Café is at:

The Raybould Centre
City and Hackney Centre for Mental Health,
Homerton Row
London E9 6SR

It is open from 6.00pm-9.00pm Monday to Friday, and from midday to 4.00pm on Saturday and Sundays.

Call 073937 62366.

