**Other support available:**

**Inspire Consortium**

* Inspire Mental Health Recovery & Wellbeing Services provide short & long term 1:1 support, a group programme of activities & events to all to improve mental wellbeing.
* What to expect from using these services: More choice responsibility and control over your lives, greater independence, better understanding of your recovery, support to enhance your wellbeing and much more. Self-referral & Referral by Health Professional accepted.

**Telephone**: 0330 0538122

**Email**: [enquiry@inspire-wellbeing.org.uk](mailto:enquiry@inspire-wellbeing.org.uk)

**Live chat** at: [www.inspire-wellbeing.org.uk](http://www.inspire-wellbeing.org.uk/)

**Working Well Trust**

* 'Working Well Trust’ is a mental health charity that supports Tower Hamlets residents in aspects related to employment, training and education. This includes support to get paid employment, retain your current job, access self-employment advice or support to move into a course/training placement or volunteering. Working Well Trust also has three enterprises that give people work experience in sewing, baking, customer service and print/copy/design.

**Address**: Working Well Trust, Pritchards Road Centre, Marian Place E2 9AX

**Telephone**: 020 7729 7557

**Tower Hamlets Recovery College**

* The Tower Hamlets Recovery College uses education to support recovery for all. The college offers a range of short courses on different aspects of recovery and wellbeing, helping individuals gain a deeper understanding of their experiences, and build confidence, knowledge, skills and awareness of local resources to help them move forward. All courses are planned and taught by tutors with lived experience (Experts by Experience) together with tutors trained and working in mental health (Experts by Profession).  Courses use activities, discussion, videos and sharing of personal recovery stories to support enjoyable learning in a safe space. Students can be service users, carers, family and friends, as well as staff and trainees. We believe everyone has something to learn and something to offer.

**Address**: Tower Hamlets Recovery College, East London NHS Foundation Trust 86 Old Montague Street, London E1 5NN

**Telephone**: 020 7426 2449

**Webpage**: <https://www.elft.nhs.uk/service/377/Tower-Hamlets-Recovery-College>

**Carers Centre Tower Hamlets**

* The carers centre provides urgent support or a friendly chat to help carers. They can help with benefits assessments, advocacy and provide information and support about mental health.

**Address**: [21 Brayford Square, London E1 0SG](https://www.bing.com/local?lid=YN1029x10779011952695644917&id=YN1029x10779011952695644917&q=The+Carers+Centre&name=The+Carers+Centre&cp=51.5142059326172%7e-0.0509461015462875&ppois=51.5142059326172_-0.0509461015462875_The+Carers+Centre&FORM=SNAPST)

**Website**: <http://ccth.org.uk>

**Telephone**: 020 7790 1765

**Compass Wellbeing**

* Compass Wellbeing provide support with managing and improving mental and physical wellbeing in Tower Hamlets.

**Telephone**: 020 7791 3660

**Website**: <http://compasswellbeing.co.uk/>

**The Dragon Café**

* The Dragon Café is the flagship project of Mental Fight Club. As such, it aims to be an open, welcoming group which puts on exciting, well-organised and inspirational creative events and programmes as well as simply being a place to be. It is a highly effective antidote to the loneliness and isolation which is so often prevalent in those who have been affected by mental illness.
* The Dragon Café provides an affordable, healthy menu each week, and a wide range of creative and well-being activities, all of which are free and open to all. No enrolment is required for groups, just turn up and take part, as much or as little as you like.

**Address:** The Dragon café is located in the Crypt of St George the Martyr Church, Borough High St, SE1 1JA, opposite Borough tube station. It is open every Monday from 12 to 8.30 pm

**Webpage**: https://dragoncafe.co.uk/

**Royal College Psychiatrists**

* Created a range of helpful factsheets about therapy, different diagnoses, and how they may be treated. There are also short videos about different diagnosis which may be helpful.

**Webpage**: <https://www.rcpsych.ac.uk/mentalhealthinfoforall.aspx>

**CALM** (for males)

* The Campaign Against Living Miserably (CALM) is leading a movement against male suicide.

**Telephone**: 0800 58 58 58   
**Webchat**: [www.thecalmzone.net](http://www.thecalmzone.net/) (5pm to midnight)  
**Website**: [www.thecalmlzone.net](http://www.thecalmlzone.net/)

**PAPYRUS**

* PAPYRUS is the national UK charity dedicated to the prevention of young suicide.

**Telephone**: 0800 068 41 41   
(Mon-Fri: 10am-10pm, Weekend: 2pm-10pm, bank holidays: 2pm-5pm).  
**Text**: 07786 209697  
**Website**: [www.papyrus-uk.org](http://www.papyrus-uk.org/)

**Silverline**

* 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.

**Telephone**: 0800 470 8090  
**Website**: [www.thesilverline.org.uk](http://www.thesilverline.org.uk/)

**Mind Infoline**

* Mind provides confidential mental health information services. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

**Telephone**: 0300 123 3393 (9am-5pm Monday to Friday)  
**Email**: [info@mind.org.uk](mailto:info@mind.org.uk)  
**Website**: [www.mind.org.uk/help/advice\_lines](http://www.mind.org.uk/help/advice_lines)

**Rethink Mental Illness Advice Line**

* Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

**Telephone**: 0300 5000 927 (10am-2pm Monday to Friday)  
**Email**: [info@rethink.org](mailto:info@rethink.org)  
**Website**: [www.rethink.org/about-us/our-mental-health-advice](http://www.rethink.org/about-us/our-mental-health-advice)