

The Tower Hamlets Mental Health and Recovery Service has 4 distinct areas including:



Tower Hamlets Recovery and Wellbeing Service

Tower Hamlets Recovery and Wellbeing Service:

Connecting Communities

- Offers navigation, groups & activities, Advice and Information
- Delivered by Mind in Tower Hamlets and Newham
- www.mithn.org.uk
- 020 7510 1081
- connecting.communities@mithn.org.uk

Tower Hamlets Recovery and Wellbeing Employment Hub:

- Supports clients to find employment through volunteering, training, pre-employment support and peer coaching, as well as business planning and in work retention support
- Delivered by Working Well Trust
- www.workingwelltrust.org
- 020 7729 7557

Tower Hamlets mental health service

Tower Hamlets Recovery College:

- Delivers free courses on physical and mental health wellbeing and recovery for anyone who lives, works or studies in Tower Hamlets
- Delivered by East London Foundation Trust
- thrc.studioreception.net
- 020 7426 2332

Tower Hamlets Mental Health Support Service:

- Provides Person-centered 1-2-1 confidential support. Face to face support within the community. Co-produced assessments and support planning. Access to wider services to increase social inclusion. Work in partnership with local community resources.
- Delivered by Hestia
- info.THMHS@hestia.org
- 074 4307 5348 or 074 4307 4919

Connecting you with the right support at the right time

Navigation

Connecting you to the right service at the right time and supporting you to identify your goals.

Advice and information

Supporting you to access information and advice on welfare benefits, housing and money.

Involving the community

Get involved in wider opportunities to develop our services.

Promoting mental health

mental health affects us all, it is a community issue

Recovery based Groups and Activities

a wide range of groups to help support your recovery

Please contact us:
www.mithn.org.uk
connecting.communities@mithn.org.uk
020 7510 1081
13 Whitethorn Street London E3 4DA



in Tower Hamlets and Newham

What we will offer:

The Tower Hamlets Recovery and Wellbeing Service will ensure that you are able to access to the right support at the right time.

Navigation

- Access to phone and one-to-one sessions to ensure that you are able to access the right service at the right time for you.
- Our staff will have access to detailed knowledge of local resources, events and services that support mental wellbeing and recovery

Groups

- Access to a wide range of groups and activities that will support your recovery
- Access to a wide range of events that promote mental health within our community
- You will be involved in deciding and developing the groups



Welfare Advice

- Access to specialist mental health welfare advice
- Access to advice and guidance around housing issues.
- Signpost you to other local specialist advice agencies.



Promoting mental health

- Mental health affects us all and it is a community wide issue
- You will be able to champion an authentic voice for mental health with our support
- You can join the community wide movement to tackle mental health

Involving the community

- Opportunities to get involved in the design, development and delivery of our service.
- You will be able to influence the development of mental health service across Tower Hamlets