 **mind**
Tower Hamlets,
Newham and
Redbridge



**Supporting Mental Health and
Wellbeing for our local communities**

Tel: 020 7510 1081

www.mindthnr.org.uk



Mind in Tower Hamlets, Newham, and Redbridge is a mental health charity supporting local communities with their mental health and wellbeing.

We have operated in North East London for over 30 years and have an extensive range of services designed to meet the ever-changing needs of our communities.

We are passionate about supporting people with mental health issues to recover, to build resilience and to thrive. We are committed to:

- Engaging with local people.
- Listening to our diverse communities.
- Learning from local people about what keeps them well.
- Supporting our diverse communities with services that meet their faith and cultural needs.
- People being their authentic self and to access our service without fear of judgment or stigma.
- Employing local people to support our community to access the right services at the right time.

Key to our organisational values and mission is to make a difference and being unstoppable – we will never give up until everyone has access to mental health services and are respected.



“If it wasn’t for Mind, I would be suffering alone”

– Client



Becoming an Anti-racist and Anti-discrimination organisation

We are committed addressing the health inequalities our clients face. We are committed to being an Anti-racist and Anti-discriminatory organisation – we are advocates for racial justice and equality for all members of our community.

We will continue to listen, learn, and keep taking action to influence change. This is not a tick box exercise for us, this is for our community, this is for our staff, this is for all those that have faced inequity and inequality based on their gender, sexuality, ethnicity, religion, disability, age.

We may just be starting, but we won't stop!

Our services in brief



Advocacy

Advocacy is empowering people to have a voice and making a real difference to their lives by supporting people to speak up for themselves and speaking for them when they are not able to do so.

Mental Health service

We offer a wide range of mental health support services that enable people to access the right service at the right time. Our team offer telephone and face-to-face support for people both in one-to-one sessions and a wide range of group activities.

Talking Therapies

We offer counselling and bereavement support for people who live in Tower Hamlets and Newham. Our service is accessible either face-to-face or remotely and can be delivered outside of normal working hours for those who are working.



Employment Support

We recognise that being in secure paid employment supports people recovery, we offer a range of employment support for local people to enable people to access work, talk openly with employers about reasonable adjustments and explore new employment opportunities that suit their individual needs.

Advice and information

We offer advice and information in relation to housing and welfare benefits and support people to access their full benefit entitlement. We also support people to access the right service at the right time through our Navigators, connecting people to local services and activities that support their wellbeing.

“Mind inspired me to want
to learn, feel, think, and
connect with creativity”

– Client




“Mind is my safe place,
where I know I can be my
authentic self and access
support as and when I
need it”

– Client

How to contact us

We offer services across North East London and have a number of office bases. However, if you do not have the direct contact details for the service in your area please do contact our main office and your call will be directly transferred to the correct service.



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