STOP SMOKING
Quit Right Tower Hamlets
2 Stayner’s Road, E1 4AH

Specialist stop smoking service. Includes specialist services for pregnant women and culturally sensitive services for people from the Somali, South Asian and migrant communities who chew tobacco or use paan.

Female advisors are available:

020 7882 8230
www.towerhamlets.gov.uk/stopsmoking
www.ash.org.uk

Local Pharmacies - 40 community pharmacies in Tower Hamlets help to support individuals to stop smoking

London Stop Smoking Programme
Providing enhanced telephone support for anyone in London wanting to stop smoking.

0300 123 1044
(9am to 8pm Mon-Fri  11am to 4pm Sat-Sun)
Ash
www.ash.org.uk

ALCOHOL
Speak with your GP or practice nurse

RESET
Tower Hamlets Drug & Alcohol Service
0208 121 5301
www.towerhamlets.gov.uk/drugs-alcohol-advice
www.alcoholconcern.org.uk/

PHYSICAL ACTIVITY
GLL leisure centres –
www.better.org.uk/leisure-centres

Bike Works (provides cycle training) –
www.bikeworks.org.uk/cycletraining

NHS Choices -
www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx

HEALTHY EATING
Local food co-ops in Tower Hamlets –
www.co-operation.coop/

NHS Choices –
www.nhs.uk/livewell/healthy-eating/pages/healthyeating.aspx
HEALTHY WEIGHT
Speak with your GP or practice nurse
The GP or practice nurse can refer residents
to Fit for Life who are obese with a BMI of 30
or over or have, or are at high risk of,
diabetes and cardiovascular disease. For
more information: [www.bbbc.org.uk/fit-for-life](http://www.bbbc.org.uk/fit-for-life)

MENTAL HEALTH
Speak to your GP, who can refer to
appropriate services
Compass Wellbeing, psychological therapies
[020 7791 3661](tel:02077913661)
[info@compasswellbeing.co.uk](mailto:info@compasswellbeing.co.uk)
[www.compasswellbeing.co.uk](http://www.compasswellbeing.co.uk)

Crisis intervention service (daytime)
[020 8121 5499 or 020 8121 5487](tel:02081215499 or 02081215487)

Crisis team (Tower Hamlets mental health
emergency, out of hours, 24 hour service)
[020 3594 3179](tel:02035943179)

Samaritans – 116 123; [jo@samaritans.org](mailto:jo@samaritans.org)

SEXUAL HEALTH
Tower Hamlets Contraception and Sexual
Health Services –
[020 7377 7870](tel:02073777870)
[bhnt.thcash@nhs.net](mailto:bhnt.thcash@nhs.net)

Ambrose King Centre,
The Royal London Hospital
[020 7377 7307](tel:02073777307)

NHS Choices -
SEXUAL HEALTH and SUBSTANCE MISUSE
Tower Hamlets Young People’s Health and Wellbeing Service
Tel: 020 3954 0091
email: compass.towerhamletsyphws@nhs.net

MENTAL HEALTH
Speak to your GP, School Nurse, Youth Worker or Teacher who can refer to appropriate services.

Compass Wellbeing, psychological therapies – 020 7791 3661
info@compasswellbeing.co.uk
www.compasswellbeing.co.uk

Childline
Call the freephone number or visit the website for confidential advice.
Tel: 0800 1111
www.childline.org.uk

Stop Forward
Free & confidential services for all young people aged 11-25, living in & around Tower Hamlets, East London
020 7739 3082
Email info@step-forward.org
Or drop in before 6pm, at 234 Bethnal Green Road, E2 0AA

Crisis intervention service (daytime) – 020 8121 5499 or 020 8121 5487
Crisis team (Tower Hamlets mental health emergency, out of hours, 24 hour service) – 020 3594 3179
Samaritans – 116 123;
jo@samaritans.org
www.samaritans.org

STOP SMOKING
Quit Right Tower Hamlets (Specialist stop smoking service.
Female advisors are available:
2 Stayner’s Road, E1 4AH – 020 7882 8230
www.towerhamlets.gov.uk/stopsmoking

Ash
www.ash.org.uk

Local pharmacies – 40 community pharmacies in Tower Hamlets help to support individuals to stop smoking
MATERNITY SERVICES
Support and care throughout pregnancy, during birth and up to 28 days after birth.

020 7377 7000
www.bartshealth.nhs.uk/maternity

HEALTH VISITING SERVICE
Specially trained nurses to support you with your child’s health and wellbeing, from new-born until your child is five years old.

020 3409 3972
http://www.gpcaregroup.org/health-visiting.html

FAMILY NURSE PARTNERSHIP (FNP)
Support for first time teenage parents, from pregnancy until their child is 2 years old, to assist with a healthy pregnancy, improve child health and development, and help parents plan their own futures.

020 8223 8601
www.compasswellbeing.co.uk/family-nurse-partnership

INFANT FEEDING SERVICE
The Infant Feeding Service offers support to all breastfeeding mothers in Tower Hamlets. The team of infant support workers are local mothers who have breastfed and who have specialist breastfeeding support skills who speak Sylheti / Bengali and Somali as well as English.
The service also offers antenatal breastfeeding support groups and breastfeeding drop in groups across the borough.

07961 609626

COMPASS WELLBEING
Support for parents, worried about their mood or relationships during pregnancy and the early years of their child’s life. Referrals accepted via GPs, health visitors, midwives and parents themselves.

www.compasswellbeing.co.uk

CHILDREN CENTRES
If you have a child aged 0 to 5 years old you can receive free parenting support and information at your local children’s centre.

Children’s centre staff support families with young children, offering guidance and advice on: child development and school readiness, parenting skills, child and family health.

https://www.towerhamlets.gov.uk/lgnl/education_and_learning/childcare_and_early_years_educ/Children_centres/childrens_centres.aspx

FAMILY INFORMATION SERVICE
Tower Hamlets Family Information Service (FIS) provides free, impartial information and advice on childcare as well as general information on a wide range of services for children, young people, parents and families.

020 7364 6495
https://www.towerhamlets.gov.uk/lgnl/education_and_learning/childcare_and_early_years_educ/family_information_service.aspx

MY TIME ACTIVE
Children’s weight management service

020 8323 1725
Idea Stores
Directory (information on community projects, health services, leisure facilities and more) – www.ideastoreonlinedirectory.org

In The Know
Directory to help residents plan and improve their mental wellbeing – www.healthwatchtowerhamlets.co.uk/news/in-the-know/

One You
Information on healthy lifestyles; test to enable people to focus on the right changes for them – www.nhs.uk/oneyou

Inspire Mental Health Recovery & Wellbeing Services
Self Referral & Referral by Health Professional
Call 0330 0538122* to access all services or email: enquiry@inspire-wellbeing.org.uk Live chat at: www.inspire-wellbeing.org.uk
(*Calls will be charged at local network rates. Charges from mobiles will vary. Please check with your network provider)

Linkage Plus
Outreach organisations for anyone over 50yrs which provide support and activities based services. Aim to empower people to achieve a better quality of life by improving wellbeing and reducing social isolation. There are 5 centres in Tower Hamlets for more information: http://linkageplus.co.uk/contact-us/

NHS Health Check
From your GP Practice if you are between 40 - 74yrs and do not have a current long-term condition to check your risk of cardiovascular disease. These are offered every 5 years