

East London
NHS Foundation Trust



THEDS

TOWER HAMLETS EARLY
DETECTION SERVICE

Mental Health, Well-being and Support Service



Feeling scared
about going out and
mixing with others?

Not doing well at work
or college compared to
previously?

Worried about your mental
health due to relatives with
mental health difficulties?

Having unusual
experiences that are
difficult to explain?

Feeling that
something is not right
in your thinking?

17-30 years old?

Are you...

Feeling distant,
like you're not in
the room?

Hearing that family
and friends are
worried about you, or
have noticed a change
in your behaviour?

Preferring to
spend time alone,
away from family
and friends?

**...WANT TO SPEAK TO SOMEONE
ABOUT THIS?**



What we do...

Everyone who comes and sees THEDs will be offered the following:

- An assessment of your concerns and needs. You will also have an opportunity to ask us questions.
- Someone to talk to about your worries.
- Information about how to keep well.
- Signposting to relevant organisations that can support you with your needs.
- Access to work and training opportunities in Tower Hamlets.

If you need ongoing support with your wellbeing and mental health after assessment, you will be offered the following for a period of two years:

- A **caseworker** to offer support and someone you can contact.
- Access to **psychological therapies**, both group and individual.
- **Peer Support work** and linking in with a **Community Connector**.
- Support to build upon strengths and **work on goals** you want to achieve.
- Help and support to access **work and training** opportunities.
- **Family support** around issues you may be worried about.
- **Support and advice** around treatment.



How do you access the service?

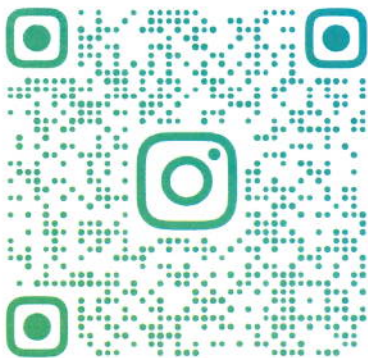
1. Phone us on **020 3487 1320**
2. Email us at **elft.theearlydetection@nhs.net** with your contact details
3. Write to the address below
4. Look us up at **www.elft.nhs.uk/theds**

Anyone can make a referral to the service, but all we ask is that this is with the agreement of the person being referred. We accept self-referrals.

We are always happy to discuss the service and potential referrals by phone.

51 Three Colts Lane
Bethnal Green
London
E2 6FW

THEDS
Website: www.elft.nhs.uk/theds
T: 020 3487 1320
E: elft.theearlydetection@nhs.net



NHSTHEDS

**FOLLOW US ON
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AROUND WELL BEING
AND UPDATES ON THEDS**



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