

Help through Crisis

Social work led project offering advice, support and advocacy to Newham residents facing hardship crisis

We help people who:

- Are facing a crisis or financial crisis
- Need advice to resolve their problems, such as money issues or housing, and help to access and navigate services
- May be experiencing complex issues such as domestic abuse, physical or mental health challenges or social isolation
- Would struggle to act on the advice provided without extra support

We can offer you:

- Support to meet your immediate needs from food banks or crisis vouchers
- Support from a dedicated crisis navigator who will work with you to develop solutions to the issues you are facing
- Help to access specialist advice on issues such as employment, welfare support, debt and more from our network of partners
- Training and in-house volunteering opportunities to enhance skills and self-confidence
- Access to peer support groups to build resilience and social networks



TO GET HELP OR MAKE A REFERRAL, PLEASE CONTACT HEATHER ON 02074732270 OR HEATHER.CARSS@COMMUNITY-LINKS.ORG