Safe Space Community

Creating a supportive community for mental health

Why join the Safe Space Community?

Mental health effects everyone in different ways throughout their life. Approximately 1 in 4 people in the UK will experience a mental health problem and this can also affect their friends and family.

Mind in Tower Hamlets and Newham are pioneering a community response to improve mental health and wellbeing within the borough.

We plan to work with a range of organisations to create a network of 'safe spaces' where members of the community who are struggling with their mental and emotional health will know that they will be welcome and safe from stigma and discrimination.

How will it work?

If you join the Safe Space Community, your organisation will be sent an information pack which will include:

- 'Safe Space Community' including window sticker, information leaflets and contact cards

- Information about our services at Mind in Tower Hamlets and Newham

- Information about local mental health and crisis services

- Opportunities for your team to access training and awareness courses

People who we support in the community will receive a membership card and where possible we would encourage organisations to offer a loyalty card system or a discount.

Let's Talk

This is an exciting opportunity to create a community response to mental health. We would love your support.

If you are interested in joining or have any further questions, please contact safe.space@mithn.org.uk or call on 020 7510 1081

mind
for better mental health

in Tower Hamlets and Newham