

## Need Housing Advice & Support?

Mind in tower Hamlets and Newham (MiTHN) are offering free support and advice for tower hamlets residents living with a mental health issue in various areas.



At MiTHN we aim to support clients with but not limited to:

- Housing applications on medical grounds
- Liaising with housing officers
- Debt management
- Budgeting
- Generalised Welfare support



We now provide support via telephone appointments. You can contact us for support through:

Our website: [www.mithn.org.uk](http://www.mithn.org.uk)

Telephone: 0207 520 2081

Or email: [connecting.communities@mithn.org.uk](mailto:connecting.communities@mithn.org.uk)