Hestia
LIFE BEYOND CRISIS









NHS
North East London
NHS Foundation Trust

Havering Reset Hub

Free mental health support for individuals aged 18 and over, available in the evening and weekend.

A welcoming, calm, and inclusive space where people living in Havering can drop in, feel supported, and take a moment for themselves, no appointment needed.

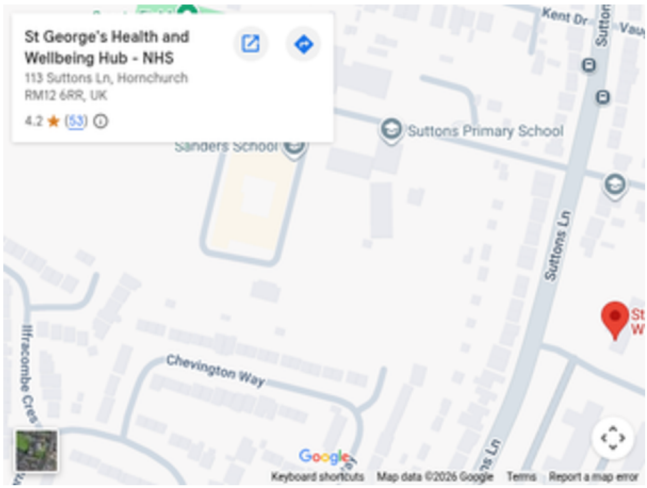
Charity number: 294555 Company number: 02020165

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Feel free to drop in, give us a call, or come via a professional referral.

Support will include:

- Information, referrals, and signposting to helpful services.
- Emotional support from trained peer workers with lived experience.
- Drop-in sessions for those moments when you really need to talk.
- Planned one-to-one support, via telephone or in-person.
- Help to create a recovery plan for your future wellbeing.
- Telephone interpreter support available for those who need it.



Open 365 days a year
Mon-Fri, 5pm to 10pm
Weekends & Bank Holidays, 2pm to 10pm

Email us
Havering.ResetHub@hestia.org

Find us
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