**Praxis Advice Services**

**Updated: October 2019**

**Drop-in for Tower Hamlets residents**

**EVERY THURSDAY (closed during August)**

**Please note that this session is very busy and is first-come, first-served so you need to arrive early to have a chance of seeing an adviser. We give out a limited number of tickets depending on how many advisers are on duty.**

We provide initial advice on immigration (including the EU Settlement Scheme), asylum support, housing and benefits. We might be able to support with some form-filling. Those who have tickets are seen between 10am-12.30pm.

**Online advice**

We provide email advice for Tower Hamlets residents and second-tier organisations. Please fill in and submit one of the online forms, found here:   
<http://www.praxis.org.uk/online-forms-and-advice-page-42.html>.

**Telephone advice**

**WEDNESDAYS 2pm to 4pm**

Initial advice on immigration issues. Please call 020 7749 7608.

**Appointments**

WE ARE CURRENTLY CLOSED FOR NEW APPOINTMENTS (apart from appointments for European Settlement Scheme applications).

**Emergencies**

**If you have an emergency, please call:**

* Medical emergency: please call 999 for ambulance
* Criminal emergency: please call 999 for police (101 for non-emergency)
* Women’s Aid (domestic violence): 0808 2000 247
* Safeguarding/child protection (Tower Hamlets): 020 7364 5006
* Hate crime reporting (Tower Hamlets): 0800 138 0521
* Shelter urgent housing advice line: 0808 800 4444