



Helping yourself to stay well this Christmas

For those of us struggling with mental health, the season of Christmas can become an especially difficult time of year. For many, Christmas provides a reminder of people, places and things that we may have lost, find upsetting or are too hard to cope with. For others, Christmas is a time without family or friends to turn to and it represents a period of being alone, and can be dreaded by those of us who have been bereaved or feel that we have no-one around us. Some even feel at their lowest ebb at Christmas time, and end up in crisis because they do not know where else to turn for support.

This toolkit is designed to help you feel supported this Christmas. To help you cope with the difficult days, to stay well, to keep safe, and to know where to turn in any event that the season leaves you feeling in crisis.

What's On?

Christmas Eve

Free Carol Service at your local Church, visit: www.achurchnearyou.com

Christmas Day

Free Christmas Lunch between 12pm-2pm on Christmas Day at The Green Roof Café, High Elms Country Park. Transport can be arranged. Call 01689 855 439 to book your place.

Free Christmas Turkey Dinner at the Crown and Anchor Pub, BR1 3HJ for Senior Citizens who would otherwise be alone, includes: Christmas Dinner, Christmas Pudding, tea and coffee with a mince pie and a glass of sherry. Call 0208 249 1657 or email martinlloyd1@hotmail.com to book your place. If you are aged 75+ and seeking alternative options on Christmas Day, visit: www.reengage.org.uk, or call: 0800 716 543 for more support on events in your area.

Friday 27th Dec

Free Community Lunch at Living Well, Holy Trinity Church in Penge, SE20 7LX, from 13:00pm. Find out more by visiting: <https://livingwell.life/p/community-lunch>

New Year's Eve

Lunch with Friends at Bromley United Reformed Church, 20 Widmore Road, BR1 1RY.



Ideas on how to stay well

Christmas can be a nice time of year. The season of Christmas can provide an opportunity to do something for yourself and for others. It is important to allow yourself the space to enjoy it by making time to relax, have fun, spend time with others that matter and do things that make you feel good e.g. eating chocolate, socialising and staying up later, to help you wind down and plan for the New Year.

However, it can be difficult as our normal routines can be thrown up in the air and we can feel out of sorts. For some of us, there is the additional pressure that what we value to be important at Christmas may not feel good enough. It is only natural to compare ourselves to others either on social media, through television adverts and those around us, and this may leave us feeling downtrodden or need to reach some form of perfection with the way we act, the gifts we buy, the things we post online, the clothes we wear, the food we've cooked, the company we keep.

Knowing what our personal values are at Christmas time and what truly matters to us, is important to keep us feeling grounded and able to appreciate the season.

Help yourself this Christmas by:

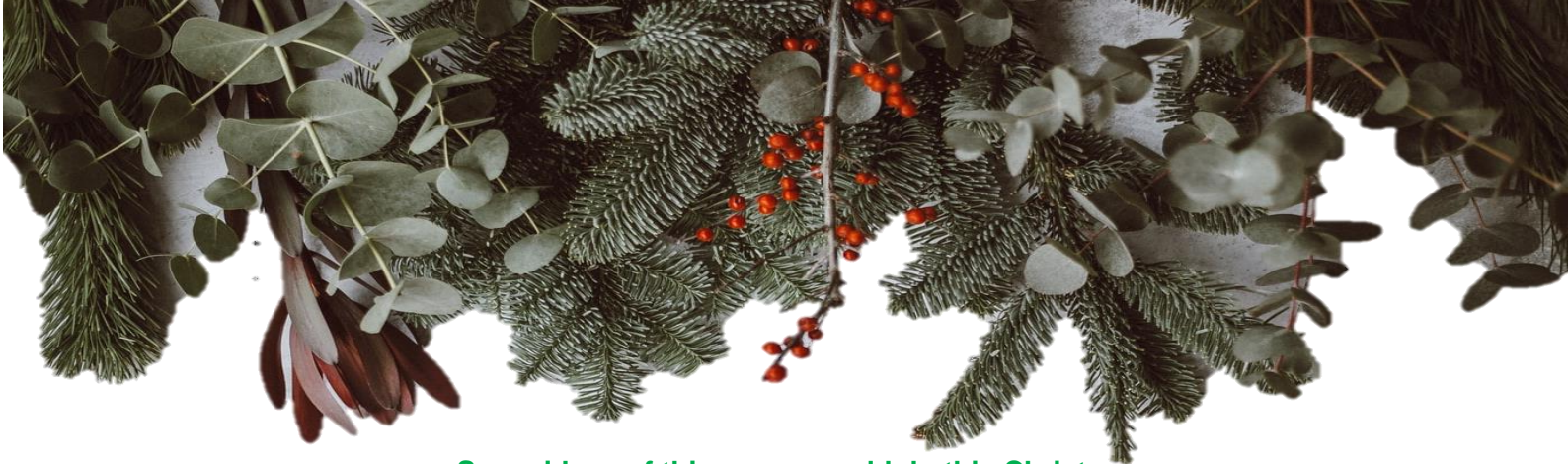
1. Being mindful that having a healthy daily routine can help maintain a stable mood, resilience and wellbeing is important, but allow yourself the flexibility also. Be mindful by: reflecting on what you eat, drink, the amount of time you give to yourself and having healthy sleep.
2. While it may be difficult to maintain your usual activities or exercise routines, find a way to keep active over the festive season by trying something new (e.g. ice skating) and getting outdoors to enjoy the winter air (e.g. wintery walks with friends and loved ones).
3. Christmas can be a dreaded time of year for people who have been bereaved. Giving yourself a dedicated space to reflect on those that have passed will allow you to grieve safely this Christmas e.g. making a memory box, writing a letter or sending a Christmas card, arranging a special day or activity in memory of a loved one. On Christmas day you could wear a special object or raise a glass as a toast to them. For more support visit, **Cruse**: www.cruse.org.uk
4. Enjoying the festive season with friends and loved ones can be something we look forward to, it can be satisfying, can boost our self-esteem and sense of belonging and can help us to maintain positive relationships. However, keeping up with the social pressure to attend a range of social events, work parties, meet-ups with old friends, ad-hoc family events, can all become costly, be overwhelming and feel stressful as this limits time for ourselves and those closest to us. Be mindful about not overstretching yourself and being selective in your social commitments.
5. Christmas can be an expensive time of year and we all feel encouraged to spend a little more than normal. Knowing your financial limits and setting yourself a Christmas budget will help you to feel on top of the season and may reduce stress and anxiety from overspending. If you need support or are struggling with the management of money this Christmas reach out to **Step Change** (<https://www.stepchange.org/>).



6. Spending time with our closest friends and family is described as what matters at Christmas. However, for many of us it can be intensive, consuming and may make us feel trapped or without other options. Quality time with friends and family can be hugely valuable for us, but it is important to be sensitive to your own personal limits. To help yourself enjoy this time, think about what it is that you want most from your contact and time shared with loved ones. If it helps, think about useful activities you can do that so that it feels relaxed, focused and satisfying. For example: doing an activity together, pray together, watch a film, or chat over tea and cake, laugh or play a game.
7. Making time to enjoy your own company is equally as important as socialising at Christmas. The days of Christmas can feel hectic with entertaining, cooking, travelling, shopping and keeping up appearances etc. To help yourself this busy festive season, give yourself time each day to sit down, unwind, relax and self-care. For example, by having a mindful shower, meditating, painting your nails or giving yourself a massage.
8. If you are in a relationship, the challenges of Christmas can cause strain between you as a couple. Finding quality time for one another and being considerate of each other's needs is important, as it provides a space to become closer and improve the bond between you (e.g. small gestures such as holding hands or touching one another, hugging, being intimate with one another, and sharing feelings about the other person i.e. how much you love them or their qualities, and enjoy spending time with them). Finding time throughout the day to enjoy each other can be tough over Christmas, by using everyday moments as an opportunity to connect could be valuable (e.g. doing things together such as: cooking, doing chores, wrapping presents, sharing the driving, talking about the things that you have achieved in the year or enjoyed, reflecting on goals you want to set together for the New Year).

Combat Loneliness:

1. **Reach out to someone:** This could be your neighbour, an old friend or distant relative. You could give them a call, write them a letter, knock on their door, invite them round for a cup of tea, or to watch a film.
2. **Join in:** Knowing what you can access at Christmas may feel daunting, but you are not alone. Thinking about ways to meet new people in the local community could give you a sense of belonging. Consider volunteering at a soup kitchen, attending a carol service, or make a shoe box for a local charity.
3. **Make a plan:** Christmas Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day can be amongst the hardest of the season. Consider where you will be on these days and what you may be doing. If you know you will be at home, think about what things make you feel good. If you are worried about being alone on Christmas, consider joining a Community Lunch or becoming a guest at someone's table. Plan ahead, let others know how you feel so you can be supported.



Some ideas of things you could do this Christmas

When managing your wellbeing, it can often be the little things that you often forget can make the biggest difference to how you feel – even if it only lifts or changes your mood for a little while. Below are some simple ideas that you could try over the Christmas period

Try something creative

Make your own Christmas cards, crackers, or decorations, look online for inspiration!

Get crafty with D.I.Y presents

Bake festive gifts or treats to share with friends, loved ones and neighbours

Visit a local Xmas craft fair

Do something social and connect with others

Make new friends this season becoming part of a church, choir or other social group e.g. at your local village hall, or a carol service

Volunteer your time to help someone else in need this Christmas i.e. a local soup kitchen, or support a local charity at a Christmas event.

Call someone you care about.

Invite someone round for a Christmas drink.

Enjoy the outdoors and be active

Take a wintery walk and take in the beauty of the outdoors

Try something new like ice skating, or build a snowman

Get outdoors with the family e.g. play a ball game, use bikes or go to the local park

Bundle everyone in the car and take a road trip to see the Christmas lights on display around town – enjoy Christmas music and hot chocolate as you go!

Give back or help others

Give back and help others at the Bromley Homeless Shelter this winter: be a cook or a listener.

For more information, visit: www.bromleyshelter.org.uk. If you are at risk of becoming homeless, you can get free support at a weekly drop-in a Bromley United Reformed Church, 10am-2pm Tue and Thu.

Do you know someone who might be sleeping rough this winter? Contact Streetlink at www.streetlink.org.uk to help connect that person to local services, and text STREET to 07718 403 574 for an information pack on homeless in Bromley.



What is mental health?

The World Health Organisation, define mental health as a “state of wellbeing”. In other words, your mood, emotions, behaviour and functioning on an “good” day is your baseline – the version of you that is resilient and consistent in how you are coping day to day. So for all of us, when we might have a difficult day, we may feel tired, overworked, upset, and we may feel like we are struggling to manage on that day, but once we have had some downtime, connected with family or friends, had some good food, had a shower, and had a good night’s sleep, we seem to be back on top again. This is an indication of we are functioning normally, we are well and our mental wellbeing is healthy.

Sometimes though, we can get stuck in a period of feeling sad, or even anxious with worrying thoughts and feelings of panic. These feelings are normal human emotions, and often a common reaction to feelings of prolonged pressure or stress, or an unexpected change such as a bereavement, birth of a child or even following the completion of a big event, such as a marathon. These peaks and troughs in our mental and emotional states can be difficult to shake off and sometimes they become persistent in how they affect our thoughts, feelings and behaviour e.g. we might stop seeing friends, we might stop going to work or eating regularly. These experiences may feel difficult but they are also very normal parts of how your mental health is managed, are temporary and reversible when we take time to support ourselves properly. Most often these feelings can be managed safely without the need for medication, therapy or treatment.

We may sometimes need a little guidance to help us understand what is happening when we feel this way, and what to do next. If you feel this way, and would like more support contact the Bromley Well Mental Health and Wellbeing Service today on 0300 3309 039, or email: wellbeing@bromleywell.org.uk for more information.

Apps to boost your wellbeing

All apps are free to download on Googleplay or the App store.



Mood Panda

This free app provides a safe and confidential platform to help you track your mood and improve your mental wellbeing step by step each day.



Headspace

This is a free meditation app, filled with tips, listening sessions and exercises to help you introduce small quiet moments into your day, to help you restore some peace, feel grounded and connected with yourself. Many have reported improvements in sleep, mood and wellbeing as a result of using this app.



Big White Wall

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.



Sleepio

Sleepio is an online sleep improvement programme, clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day. Based on Cognitive Behavioural Therapy (CBT) and designed to help you reset your sleeping patterns naturally.



Understanding your mental health this Christmas

Do you find it more difficult to get out of bed during winter mornings, when the weather is miserable and the sky is darker? If so, you're not alone. It's very common to feel a bit low during the winter period, which can make it more difficult to do the things we enjoy. The reason we may struggle waking up in the morning or feel lethargic and low through the day is down to our '**circadian rhythm**', or '**sleep/wake cycle**'; a 24-hour internal



clock that runs in the background of our brain and uses cues such as daylight and our body's own functions to tell our body when it is time to sleep and wake up. When the days shorten, the lack of sunlight means our brains produce more of a hormone called **melatonin**, which makes us tired. This is why you may notice you feel more lethargic throughout the day, especially in the mornings and evenings. So, it is only natural that our psychological and emotional wellbeing can become fatigued in much the same way. Christmas time can make this feel even harder too, if we feel without purpose, have money worries or just feel alone. The Mental Health Foundation have 10 top tips to look after yourself this Christmas:



Mental Health
Foundation

10 Top Tips for staying well this Christmas

1. **Talk about your feelings** – learning to self-manage your wellbeing is a key step in living well, and connecting with others on the challenges you face and the successes you have is an important part of your mental health.
2. **Do something your good at** – finding something you love to do, however small, helps to lift spirits and beat stress. See pages 4 and 8 for ideas on what you could do at Christmas and beyond!
3. **Ask for help** – remember there are always services there to help you. See pages 10 and 11 for tips.
4. **Keep in touch** – find people you trust and connect with them this Christmas, visit www.campaigntoendloneliness.org for more support and lots of resources on how to end loneliness this Christmas.
5. **Accept who you are** – you don't have to do anything more than what suits you this Christmas, we are all different and Christmas is a time to embrace that. See if you can do that for yourself too.
6. **Drink sensibly** – know your limits and stay safe. Visit: www.downyourdrink.org.uk for more advice.
7. **Eat well** – it is a time when we are able to overindulge and spoil ourselves, but remember too much sugar can be detrimental to our mental health in the long run, try things in moderation. If you need help with food this Christmas, visit: www.bromleyborough.foodbank.org.uk for more support.
8. **Keep active** – regular movement can boost mood, elevate self-esteem and improve your ability to sleep later in the day, consider opportunities to be more active indoors and outdoors this winter.
9. **Take a break** – Christmas is a good time of year to find time to pause from your lifestyle and take a moment to reflect back on your year, and the year ahead.
10. **Care for others** – doing a little for another person can go a long way to boosting their wellbeing, and yours in turn. Think of someone you know, or on your street you can reach out to this Christmas. If you are caring for someone with a mental health problem this Christmas, and need more support, we have a team of specialist advisors who support people living with or are supporting another adult living with a mental health problem. Please contact 0300 3309 039 to speak to the Bromley Well SPA and be referred into the Mental Health Carers Service. For more information on this service, please visit: <https://www.bromleywell.org.uk/our-services/carers/mental-health-carers/>



My Wellbeing Workbook

This workbook is a dedicated place for you to plan how you will make Christmas an enjoyable time for yourself and your family.

My Name:

My value this Christmas is.....

This Christmas I....

Want to...

E.g. see family, watch films, read, bake, go on a long walk, give back to others, socialise.

Will spend time with....

E.g. my partner, my best friend, my parents, my children, my siblings etc.

Will make time for myself by...

E.g. meditating, painting my nails, going for a massage, shopping, having a sleep etc.

Ensure I have quality time with loved ones by...

E.g. by inviting people over, by attending a family event, writing a quiz, organising a game.

Will try something new by...

E.g. trying a new activity such as ice skating, cooking a different dish, learning a craft, making my own cards.

Am thankful for...

E.g. use this space to reflect on the year, what you have and those around you. Ask yourself what it means to you and your family.



Beat the New Year Blues

Research into the psychological impact of the New Year, has suggested that the third Monday in January is for most people, the most depressing day of the year and as such has been affectionately named, Blue Monday. For most people, the struggles of a whole new year can begin to feel very real: financially, emotionally, socially, and despite our immediate best efforts to have a great start to the year we can begin to feel low, fed up and cynical about the year ahead. These feelings are all completely normal, and this new year, we want to make sure you have some tips to help you get on top of that Blue Monday feeling and do something supportive for yourself in order to feel good and hopeful for the year ahead.

Quick Tips

- **Keep on top of stress** – keep a to-do list for the week and take three things off that list to achieve each day to help pace yourself and prioritise tasks.
- **Take 30 minutes a day just for you** – dedicate time to yourself each day, even if it is only a shower use this time to focus completely on yourself.
- **Talk to someone** – it's ok not to be ok, let someone know how you are feeling and get it off your chest.

New Year, Same You

Starting a new year does not mean you have to reinvent who you are all over again, and it also does not mean that you have to improve who you were from last year. However, there is something satisfying about the opportunity a new year brings to encourage you to do something different, or familiar with your life. How about.....



Joining a weekly book club?

Bromley Book Club is a social and friendly space for any avid book enthusiast to share a love for books with others at Henry's Bar and Café in Bromley on 1st Sat of every month at 12pm. Contact Joanne on 07974477097 to join for free now.



Getting crafty?

Little Woollie is a local craft and haberdashery shop that run classes for knitting, crochet, dressmaking and patchwork. Visit www.littlewoollie.co.uk for more inspiration, pop in store or call the team on 0208 313 3490.



Joining a choir?

Bromley Parish Church host a sociable opportunity to sing every Thursday evening. Just turn up. For information please contact Gary Sieling, Director of Music on 020 8466 8470/ 07889 569 226 or email garysieling2008@hotmail.com.



Becoming a Rambler?

Bromley Ramblers have friendly walking groups for people of all ages and abilities that take place all year round. Call today on: 0208 7772361 or visit: www.ramblers.org.uk for more information.

Connecting with Bromley Recovery College?

If you like the sound of starting something new in 2020, and would like the opportunity to meet new people along the way, there are a range of opportunities available for you to get involved in at the Recovery College. They provide a regular prospectus of peer and professional led courses and groups that inform and explore ways to manage mental health problems, to help people improve wellbeing, skills and achieve personal goals and ambitions.

For more information contact the Recovery College at 01689 603577 or visit: www.blgmind.org.uk / www.goo.gl/vQB4vf



Build your resilience for 2020

Resilience is a term used to describe how successfully a person might “bounce back” from adverse or stressful experiences. Resilience is not something a person is born with, but it is something you develop through your early childhood experiences e.g. how you are parented, how you learn to cope in social, academic and domestic situations, and how you are supported when things appear difficult or challenging. This means that levels of resilience although learned, can be changed if you feel the way you cope in these situations is unhelpful or leaves you feeling out of control, frustrated or helpless. Here are some ideas that help to increase personal resilience:

Manage worry

You have the answers within yourself, often when we feel stressed we turn to others for the answer which can often add to our confusion or sense of being “stuck”. Next time you feel overwhelmed, pause and write a list of what is worrying you. Then highlight or underline the biggest worry from the list. Take this worry and on a new piece of paper ask yourself how likely this worry is to happen out of 100%, then ask yourself out of 100% how likely do you feel about to control what happens. Now think about what is within your control. Write a list of actions for yourself that might help you work through what is in your control to feel more on top of what you have going on.

Practice patience

Often when we feel low or burnt out we choose to avoid things that we think will leave us feeling worse. Next time this happens, find a quiet space to calmly reflect on what is happening – what can you learn, what would you like to happen?

Make room for your hopes and dreams

Life can be busy and there can often be little room for things that make you feel like a complete person, totally fulfilled and happy. Take time to plan goals – this year, next 2-5 years, next 10 years. Set a few and think about what might help you work towards them e.g. volunteering, new hobbies, education, re-training, travelling, or something else. Be brave, and take risks – you might just surprise yourself.

Want some help to build your resilience?

Text RESILIENCE to 07718 403 574 to receive a free workbook produced by our team today, to help you work towards a more resilient, well and positive version of you for 2020 and beyond.

Do you need help to cope with anxiety, stress or depression?

We're here to help.

The Bromley Well Mental Health and Wellbeing Service are coming together this January to offer free wellbeing workshops for local people needing more support on ways to cope with common mental health problems.

Booking is essential. Workshops are free and will be held **from 10am-12pm** on the following dates:

Thursday 16th January 2020 - Coping with Low Mood and Other Emotions

Thursday 23rd January 2020 - Coping with Stress and Poor Sleep

Tuesday 28th January 2020 - Coping with Worry and Panic

If you are interested in hearing more about the workshops, or to book your place please email: wellbeing@bromleywell.org.uk where our team will reply to you within 48 hours.



Knowing what to do in a crisis

Step One: Let someone know how you are feeling

If you are feeling unsafe, scared, or alone, it may be important to let someone know how you are feeling so that they can support you. Often when we feel this way, talking, or being listened to by someone we know, or even a neighbour, can help remind us that we are not alone. Think of two or three people that you could really connect with over the holidays. Write down their names and numbers on a piece of paper and keep it somewhere you can see it to remind you they are there when you need them. It may help to also let them know they are one of your key contacts so that they can be prepared to receive that call, or knock at the door and can also manage your expectations safely if they cannot speak straight away.



Or speak to someone you don't know, reach out to the Samaritans for free, 24/7 listening support on 116 123 from any mobile or landline. You do not have to be suicidal to call them.

Step Two: Consider if NHS-111 might be able to help you



when it's less
urgent than 999

Use the following steps if you require professional support regarding your mental or physical health in non-emergency situations. **Step A:** Visit your local pharmacist. Pharmacists are experts in medicines who can help you with minor health concerns including coughs, colds, tummy aches and other pains. **Step B: Call NHS-111.** If you feel like you have an urgent but non-life threatening issue, instead of worrying, self-diagnosing or second guessing, call 111. They can give you appropriate advice, connect you with a clinician, and direct you to the relevant service if necessary. **Step C:** If steps A and B do not meet your needs, and if advised, Visit your GP.

Step Three: Remember there is always support in an emergency

In the event of an emergency, please use the following steps to access help quickly:

Step A: If you feel at risk of harm to yourself or others contact the Oxleas Mental Health Urgent Advice Line for immediate support on: 0800 330 8590, if you need support out of office hours call: 0845 608 0525. Alternatively contact, Support Line UK on: 01708 765 200 or visit their website for more practical support and advice: www.supportline.org.uk.

Step B: If you have harmed yourself, feel actively suicidal or if you feel unstable in any other way, please contact 999-Ambulance. Or, if you feel able or someone can assist you, access A&E at the Princess Royal Hospital, Farnborough Common, Orpington, **BR6 8ND**. There is a Mental Health Team on duty here and they will be able to assist you.

Step C: If you feel at risk due to the behaviours of others, contact 999-Police, or if you need social support contact Adult Early Intervention Team Bromley on: 020 8461 7777 or 07908715749 (9am to 5pm) or call the Emergency Duty Team out of office hours on: 0250 8464 4848.



PRINT-OUT AND PUT UP SOMEWHERE AT HOME

What to do when....

I want to self-harm

Follow this guide step by step to help yourself move from a state of panic or distress, to a state of calm.



1. **Visualise the stop sign**
2. **Breathe, slowly count back from 10**
3. **Keep yourself safe**
Put any objects down and move self out of the situation.
4. **Distract yourself**
listening to a nice song, use a red pen to draw on self, squeeze or rub an ice cube on your arm, snap elastic band on your wrist, pop balloons, play a game on your phone or... add your own here that you feel might help...

5. **Focus on time**
Keep yourself safe for ten minutes, then for a further 15 minutes, then 20 minutes etc. until the urge to harm yourself has passed.

You can also call the self-injury helpline on [0808 800 8088](tel:0808 800 8088), or visit www.selfinjurysupport.org.uk .
If you want to speak to someone with lived experience of self-harm, visit: www.harmless.org.uk
For a list of distraction and displacement techniques go to <http://www.nshn.co.uk/downloads/Distractions.pdf>
Moving forwards you can access this workbook published by the national self-harm network to support you to explore and understand self-harm. <http://studymore.org.uk/hylw.pdf>



PRINT-OUT AND PUT UP SOMEWHERE AT HOME

What to do when... I am having a panic attack

Follow this guide step by step to help yourself move from a state of panic or distress, to a state of calm.



1. Visualise or look at the stop sign

2. Breathe slowly

Remember your lungs need oxygen to help you calm down, breathe slowly in for four and out for four. Do this for at least 5 minutes and longer if you need to.

3. Reassure yourself positively

A panic attack is an exaggeration of your body's response to fear, and your body is reacting by releasing hormones to help you cope. Reassuring yourself by speaking out loud can be helpful to reduce anxious symptoms. Repeat to yourself: "this feeling is only temporary, I am OK, I will be OK, this will soon end, I am safe."

4. Ground yourself

Focus on one object you can see in front of you, observe every detail. Think about the way it looks, smells or feels. Focus on the object and think about how it makes you feel, and how your body responds when you engage with that object. Do this for 5-10 minutes, changing the object if it helps you. Use natural oil if it helps.

5. Focus on time

This feeling will last between 5 and 20 minutes and your symptoms will usually peak within 10 minutes. Focus on making it through 10 minutes, and when you reach 10, try another 10, keep going until the wave of anxiety has passed.

If you need help with breathing, download Fear Tools Anxiety App to help you.

If you need more support when experiencing a panic attack visit: www.nopanic.org.uk

If you want to learn ways to prevent and manage anxious symptoms visit: www.moodgym.com/au



Helpful services

NHS Moodzone

The NHS have set up a handy online podcast service that includes a range of free to access and download videos and audio guides to help you manage your wellbeing this winter, including tips on: managing low mood, anxiety control, overcoming sleep problems and controlling unhelpful thinking. Get online now to complete your own mood self-assessment and to get a personalised advice plan on what to do next to improve your mood and wellbeing. Visit: <https://www.nhs.uk/Conditions/stress-anxiety-depression/> for more support today.



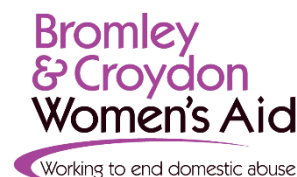
The Samaritans

This is a national charity providing emotional, listening support to any person, at any age, who feels alone, down or in crisis at any time of day or night. You can reach them 24/7, including Christmas Day, Boxing Day and New Year's Day. You are not alone. **Freephone:** 116 123 to talk to someone right now **Website:** www.samaritans.org.uk.



Bromley and Croydon - Women's Aid

This is a charity established to provide emotional support, information, advice and advocacy for any woman at risk of harm or victimisation as a result of domestic abuse, assault or harassment. The service will be open throughout the Christmas season. **Domestic Abuse Helpline (24/7):** 0808 2000 247 (Freephone). **Website:** <http://www.bcwa.org.uk/>. If you are experiencing any symptoms of post-traumatic stress relating to an abusive relationship, consider reaching out to PTSD UK for more support on how experiences such as flashbacks or dissociations.



The Silver Line

This is a listening service set up to provide emotional information, advice and support to any person over 55 who needs to talk to someone. The service is available 24/7 all 365 days of the year. **Freephone:** 0800 4 70 80 90. **Website:** www.thesilverline.org.uk



The Mix

This is a charity providing emotional support and advice to any young person up to the age of 25. They offer online counselling, telephone counselling, web chats and forums, as well as support and advice resources on their website. **Freephone:** 0808 808 4994. **Website:** www.themix.org.uk. **Crisis Text Line:** Text 'THEMIX' to 85258. If you are aged 35 or under and feel suicidal, the charity Papyrus may be able to help you. Contact their HOPELINE for support today on: 0800 068 4141.





Did you like our Christmas Pack?

Thank you for taking the time to read our newsletter.

We are a small team and we write, design and print this pack in-house.

Our team make every effort to ensure that all of the information enclosed is as accurate as possible at the time of printing. We understand that sometimes there may be information that we have missed that might have been useful. If you would like to provide any feedback to the team on this support pack, or contribute to future editions we welcome you to contact our team on: wellbeing@bromleywell.org.uk or to call Bromley Well SPA on 0300 3309 039.

Bromley Well - Mental Health and Wellbeing Service

The Bromley Well Mental Health Information and Advice Service provides support to people living in Bromley who may be experiencing mild concerns relating to their emotional and mental wellbeing, which may be contributing to feelings of stress, anxiety and low mood. We offer emotional support and practical information on how to manage wellbeing, by exploring approaches to self-care, health and lifestyle. We also help people to develop links and activities in the community, build social networks, and access appropriate services. If you would like to receive support through this service, please contact the Bromley Well Single Point of Access on: 0300 3309 039 today.

Register for our quarterly newsletter

We produce a quarterly newsletter which contains lots of information, advice and support on ways to live and stay well, and other signposting to local services in and around Bromley that may help you and your family throughout the year. If you would like to receive future editions of these newsletters, please visit: www.bromleywell.org.uk, email: wellbeing@bromleywell.org.uk or simply text NEWSLETTER to 07718 403 574.

Wishing you a safe and Happy Christmas.
From, the Bromley Well Mental Health and Wellbeing Service.

