



Signposting information for counselling services

Please find below some resources that you may find helpful in managing your mental health:

- 1. Talk Together Bromley** – if you are looking to access talking therapies to manage feelings of stress, low mood or anxiety, this is a free service available by self-referral or professional referral by your GP. Find out more about their individual and group support by visiting their website: <https://www.talktogetherbromley.co.uk/>.
- 2. Bromley, Lewisham and Greenwich Mind** – this is your local mental health service delivering a range of health and wellbeing services to support adults living, working and caring for others in Bromley. Find out more about their services via their website: <https://blgmind.org.uk/>
- 3. Good Thinking UK** – this is an online toolkit to support mental health packed full of accessible resources, tutorials and signposting about ways to support your wellbeing. Website: <https://www.good-thinking.uk/>
- 4. St Christopher's Bereavement Service-** This is a free, specialised bereavement service, with trained counsellors to support people dealing with grief. They offer telephone, face-to-face, and support groups to help people manage their emotions and experiences after losing a loved one. Find out more information at their website: <https://www.stchristophers.org.uk/bromley-bereavement-service>
- 5. Bromley Community Counselling-** The service is for people who may be struggling with personal, emotional, or mental health difficulties and is geared to assisting them either to find new ways to make a fresh start in certain areas of their lives or to come to terms with things that can't be changed. Their contact details are as follows: <https://bccs.uk.com/>
- 6. Westmeria Counselling Services-** This is a long-term counselling service , which is able to offer up to 24 sessions after you initial appointment and supports people struggling to manage their Mental Health, and resolve past issues and trauma. Their contact details are as follows: <https://westmeriacounselling.co.uk/>